

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Team Rankings - Through Event 41****Combined Team Scores**

Place	School	Points	Sprints	Distance	Hurdles	Relays	Field Events	Combined
1	Shorewood	140.50	8	14	40	24	54.50	0
2	Shorecrest	129	5	23	14	31	56	0
3	Kamiak	120.50	14	45	0	21	40.50	0
4	Bothell	110	8	38	4	55	5	0
5	Henry Jackson	85.25	0	20	0	17	48.25	0
6	Seattle Prep	83	38	5	0	30	10	0
7	Ballard	79	18	8	0	35	18	0
8	Ingraham	57	0	36	3	10	8	0
9	Stanwood	49	8	5	0	0	36	0
10	Sehome	39	0	17	4	6	12	0
11	South Whidbey	38.25	1	22	8	4	3.25	0
11	Lynnwood	38.25	0	2	0	18	18.25	0
13	Cascade (Everett)	36	0.50	0	10	2	23.50	0
14	Mariner	34.50	0	2	0	23	9.50	0
15	Northwest	34	17	4	13	0	0	0
16	Brooks	33	0	0	20	0	13	0
17	O'Dea	31	9	8	4	8	2	0
17	Cedarcrest	31	9	0	3	1	18	0
19	Anacortes	28	3	5	7	0	13	0
20	Cedar Park Chr. (Bothel	27	0	0	0	3	24	0
20	Eastside Catholic	27	14	8	0	0	5	0
22	North Creek	25	0	0	12	0	13	0
22	Sammamish	25	8	0	1	8	8	0
24	Lakewood	24	15	0	0	4	5	0
25	Mount Baker	23	0	0	0	0	23	0
26	Granite Falls	22	0	13	0	0	9	0
27	Mountlake Terrace	21	0	1	0	2	18	0
28	Frank Hurt	20	20	0	0	0	0	0
29	Maple Ridge	19	2	10	0	6	1	0
30	Brookwood	16	11	0	0	0	5	0
31	University Prep	14.25	0	14	0	0	0.25	0
32	Squalicum	14	0	6	0	0	8	0
33	Mt Vernon	13.50	4.50	0	0	2	7	0
34	Bellingham	12	8	0	0	0	4	0
35	Ferndale	11	0	2	1	0	8	0
36	R.E. Mountain	10	10	0	0	0	0	0
37	North Mason	8	0	0	0	0	8	0
37	Blaine	8	0	0	5	0	3	0
39	Grace Academy	6	0	0	0	0	6	0
40	Lynden Christian	5	0	0	5	0	0	0
41	Sa-Hali	4	0	4	0	0	0	0
41	Friday Harbor	4	0	0	2	2	0	0
43	Credo Christian	3	3	0	0	0	0	0
44	Nooksack Valley	2	0	0	0	0	2	0

2019 Birger Solberg Track & Field Invitational - 4/6/2019

Bellingham Civic Stadium

Team Rankings - Through Event 41

		Total	1,560.00	234.00	312.00	156.00	312.00	546.00	0.00
		Female Team Scores							
Place	School	Points	Sprints	Distance	Hurdles	Relays	Field Events	Combined	
1	Kamiak	91.50	10	31	0	10	40.50	0	
2	Seattle Prep	76	38	5	0	23	10	0	
3	Shorewood	48.50	3	0	12	14	19.50	0	
4	Bothell	47	0	14	2	31	0	0	
5	Henry Jackson	46	0	9	0	9	28	0	
6	Shorecrest	45	0	0	0	19	26	0	
7	Ballard	41	4	3	0	18	16	0	
8	Ingraham	37	0	26	3	0	8	0	
9	Northwest	34	17	4	13	0	0	0	
10	Brooks	32	0	0	20	0	12	0	
11	Sammamish	25	8	0	1	8	8	0	
12	Sehome	24	0	11	4	3	6	0	
13	Anacortes	23	3	0	7	0	13	0	
14	Cedarcrest	21	9	0	3	1	8	0	
15	Cascade (Everett)	20.50	0	0	0	2	18.50	0	
16	North Creek	19	0	0	6	0	13	0	
16	Maple Ridge	19	2	10	0	6	1	0	
18	Granite Falls	17	0	8	0	0	9	0	
19	Brookwood	16	11	0	0	0	5	0	
20	Squalicum	14	0	6	0	0	8	0	
21	South Whidbey	13	0	12	0	1	0	0	
22	Ferndale	10	0	2	0	0	8	0	
23	Bellingham	8	8	0	0	0	0	0	
23	Stanwood	8	0	1	0	0	7	0	
23	Eastside Catholic	8	0	8	0	0	0	0	
26	Mariner	6.50	0	2	0	3	1.50	0	
27	Mt Vernon	6	4	0	0	2	0	0	
28	Blaine	5	0	0	5	0	0	0	
29	Sa-Hali	4	0	4	0	0	0	0	
29	Friday Harbor	4	0	0	2	2	0	0	
29	Lynnwood	4	0	0	0	4	0	0	
32	North Mason	3	0	0	0	0	3	0	
33	Nooksack Valley	2	0	0	0	0	2	0	
34	Cedar Park Chr. (Bothel	1	0	0	0	0	1	0	
34	Lakewood	1	0	0	0	0	1	0	
Total		780.00	117.00	156.00	78.00	156.00	273.00	0.00	

Male Team Scores

Place	School	Points	Sprints	Distance	Hurdles	Relays	Field Events	Combined	
1	Shorewood	92	5	14	28	10	35	0	
2	Shorecrest	84	5	23	14	12	30	0	
3	Bothell	63	8	24	2	24	5	0	
4	Stanwood	41	8	4	0	0	29	0	
5	Henry Jackson	39.25	0	11	0	8	20.25	0	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Team Rankings - Through Event 41****Male Team Scores**

Place	School	Points	Sprints	Distance	Hurdles	Relays	Field Events	Combined
6	Ballard	38	14	5	0	17	2	0
7	Lynnwood	34.25	0	2	0	14	18.25	0
8	O'Dea	31	9	8	4	8	2	0
9	Kamiak	29	4	14	0	11	0	0
10	Mariner	28	0	0	0	20	8	0
11	Cedar Park Chr. (Bothel)	26	0	0	0	3	23	0
12	South Whidbey	25.25	1	10	8	3	3.25	0
13	Lakewood	23	15	0	0	4	4	0
13	Mount Baker	23	0	0	0	0	23	0
15	Mountlake Terrace	21	0	1	0	2	18	0
16	Frank Hurt	20	20	0	0	0	0	0
16	Ingraham	20	0	10	0	10	0	0
18	Eastside Catholic	19	14	0	0	0	5	0
19	Cascade (Everett)	15.50	0.50	0	10	0	5	0
20	Sehome	15	0	6	0	3	6	0
21	University Prep	14.25	0	14	0	0	0.25	0
22	Cedarcrest	10	0	0	0	0	10	0
22	R.E. Mountain	10	10	0	0	0	0	0
24	Mt Vernon	7.50	0.50	0	0	0	7	0
25	Seattle Prep	7	0	0	0	7	0	0
26	North Creek	6	0	0	6	0	0	0
26	Grace Academy	6	0	0	0	0	6	0
28	North Mason	5	0	0	0	0	5	0
28	Lynden Christian	5	0	0	5	0	0	0
28	Granite Falls	5	0	5	0	0	0	0
28	Anacortes	5	0	5	0	0	0	0
32	Bellingham	4	0	0	0	0	4	0
33	Blaine	3	0	0	0	0	3	0
33	Credo Christian	3	3	0	0	0	0	0
35	Ferndale	1	0	0	1	0	0	0
35	Brooks	1	0	0	0	0	1	0
Total		780.00	117.00	156.00	78.00	156.00	273.00	0.00

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****Women 100 Meter Dash Varsity**

Name	Year	School	Seed	Finals	H#	Points
Finals						
1		Watt, Aisha	Seattle Prep	12.66	12.50	7 10
2		Stubbfield, Antoin	Sammamish	12.42	12.68	7 8
3		Hewson, Amelia	Northwest	12.80	12.74	7 6
4		Lemus-Sodji, Cassi	Seattle Prep	12.56	12.96	7 5
5		Stermer, Celyn	Ballard	13.24	13.08	7 4
6		Ronse, Dominique	Brookwood	12.76	13.17	7 3
7		Olson, Alina	Maple Ridge	13.05	13.19	7 2
8		Wollman, Gilana	Shorewood	13.44	13.31	6 1
9		Kagarabi, Amanda	Shorecrest	13.24	13.34	7
10		Olson, Heather	Cedarcrest	13.25	13.45	6 13.444
11		Yanega, Zoe	Anacortes	13.68	13.45	5 13.447
12		Tawrel, Alexia	Bothell	13.48	13.46	6
13		Di Virgilio, Mina	Shorewood	13.98	13.56	4
14		Schwartz, Eva	Seattle Prep	13.36	13.57	6
15		LaPorte, Ava	Cedarcrest	13.96	13.58	4
16		Holman, Alex	Friday Harbor	13.84	13.78	5 13.771
17		Moore, Hannah	Sehome	13.64	13.78	6 13.774
18		Ball, Maya	Blaine	13.78	13.79	5
19		Angelos, Isabella	Ballard	14.19	13.80	3
20		Faulkner, Eleeshiy	Blaine	13.93	13.89	4
21		Pickering, Nikeya	Ingraham	13.75	13.92	5
22		Seth, Stella	Lakewood	13.83	13.98	5
23		Place, Katie	Friday Harbor	13.94	14.05	4
24		Koplowitz-Fleming,	Bellingham	14.05	14.13	4
25		Rettig, Lanie	Northwest	13.90	14.15	5
26		Belmont, Jaidyn	Henry Jackson	14.30	14.18	2
27		Nelson, Chloe	Ferndale	14.90	14.20	1
28		Fredericks, Milann	Blaine	14.21	14.25	3
29		Carson, Mya	Henry Jackson	14.20	14.31	3
30		Mason, Emily	Shorecrest	14.01	14.34	4
31		Bugbee, Sasha	Mt Vernon	14.13	14.38	3
32		Spangler, Anna	Concrete	14.14	14.45	3
33		Craig, Tavia	Mountlake Terrace	14.68	14.49	1
34		Thomas, Amara	Sammamish	14.11	14.68	3
35		Moses, Hallie	Stanwood	14.44	14.77	2
36		Andry, Alayjah	Lynnwood	14.18	14.79	3
37		Oseledko, Olena	Mariner	14.42	14.84	2
38		Lyford, Amanda	Stanwood	14.25	14.94	2
39		Reilly, Sabrina	Cascade (Everett)	14.59	14.96	2
40		Howard, Devon	Concrete	14.34	14.98	2
41		Lange, Trinity	Nooksack Valley	14.60	15.22	2
42		Hernandez, Adriana	University Prep	15.34	15.69	1
--		Hezel, Baylor	Stanwood	14.45	DNS	2
--		Sarr, Kumba	Mariner	13.67	DNS	6
--		Kyles, Abby	Kamiak	13.86	DNS	5
--		Hess, Blaire	Grace Academy	13.95	DNS	4
--		Williams, Kyra	Cedar Park C	14.78	DNS	1
--		Mierzeski, Sierra	Mt Vernon	13.80	DNS	5
--		Straub, Mattason	South Whidbey	13.65	DNS	6
--		LaVine, Camryn	Bothell	13.55	DNS	6
--		Davis, Kali	Ingraham	14.19	DNS	3
--		Bottles, Rachel	Mt Vernon	14.03	DNS	4

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 100 Meter Dash Varsity**

--	Healy, Katya	University Prep	15.84	SCR
--	Chang, Jillian	Christian Faith	15.11	SCR
--	Muriithi, Virginia	Christian Faith	15.28	SCR
--	Gasga, Maylin	University Prep	15.94	SCR
--	Cerda, Stephanie	Nooksack Valley	16.81	SCR
--	Domenech, Jaclyen	Friday Harbor		SCR
--	Souza, Carmen	Bellingham	13.09	SCR
--	Trofimchik, Kateri	Christian Faith	14.77	SCR
--	Moen, Katherine	Ballard	14.23	SCR
--	Lam, Kay	Ingraham	14.93	SCR
--	Tran, Julia	Shorewood	14.97	SCR
--	Yanega, Macy	Anacortes	13.09	SCR

Women 200 Meter Dash Varsity

=====						
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Watt, Aisha	Seattle Prep	26.23	26.78	5	10
2	Ronse, Dominique	Brookwood	26.36	27.35	5	8
3	Patterson, Grace	Northwest	27.12	27.52	5	6
4	Hewson, Amelia	Northwest	26.91	27.60	5	5
5	Frank, Kiley	Cedarcrest	27.24	27.75	5	4
6	Yanega, Zoe	Anacortes	27.60	27.80	4	3
7	Souza, Carmen	Bellingham	27.33	27.85	5	2
8	Hatch, Tracey	Kamiak	27.53	28.07	5	1
9	McAllister, Dahlia	Shorecrest	27.00	28.13	5	
10	Tawrel, Alexia	Bothell	27.83	28.21	4	
11	Di Virgilio, Mina	Shorewood	28.04	28.41	4	
12	LaPorte, Ava	Cedarcrest	28.66	28.48	3	28.472
13	DeLaFuente, Kalyss	Mt Vernon	27.61	28.48	4	28.478
14	Schemmel, Eloika	Shorecrest	27.71	28.54	4	
15	Ceniceros, Isabela	Kamiak	28.94	28.99	3	
16	Schwerzler, Kira	North Mason	28.57	29.21	3	
17	Ball, Maya	Blaine	29.36	29.28	2	
18	Carson, Mya	Henry Jackson	28.44	29.30	4	
19	Angelos, Isabella	Ballard	28.91	29.32	3	
20	Dixon, Jayda	Bothell	28.75	29.39	3	
21	Ventler, Kaitlyn	Cedar Park C	29.89	29.45	2	
22	Koplowitz-Fleming,	Bellingham	29.34	29.50	3	
23	Holman, Alex	Friday Harbor	29.77	29.66	2	
24	Pickering, Nikeya	Ingraham	29.01	29.75	3	
25	Fredrickson, Aeris	Grace Academy	30.38	29.79	1	
26	Biery, Nichole	Cascade (Everett)	27.84	29.93	4	
27	Mason, Emily	Shorecrest	29.05	30.07	3	
28	Moore, Tehya	Nooksack Valley	29.70	30.26	2	
29	Andry, Alayjah	Lynnwood	29.62	30.27	2	
30	Hezel, Karyna	South Whidbey	30.18	30.70	1	
31	Weg, Rylee	Ferndale	29.87	30.72	2	
32	Kim, Dasia	Mariner	30.11	30.81	1	A
33	Coleman Toliver, M	Sammamish	30.84	31.52	1	
34	Lizzotte, Ashlyn	Mount Baker	33.08	32.91	1	
--	Soriano-Sanchez, L	Stanwood	29.48	DNS	2	
--	Craig, Tavia	Mountlake Terrace	30.06	DNS	1	
--	Moore, Hannah	Sehome	28.29	DNS	4	
--	Trofimchik, Kateri	Christian Faith	30.49	DNS	1	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 200 Meter Dash Varsity**

--	Seth, Stella	Lakewood	29.65	DNS	2	
--	Evans, Joanna	Friday Harbor	31.44	SCR		
--	Morrison, Jakayla	Mariner	31.15	SCR		A
--	Belmont, Jaidyn	Henry Jackson	30.80	SCR		
--	Barlean, Hannah	Ferndale	30.87	SCR		
--	Johner, Gabrielle	Blaine	30.83	SCR		
--	Lange, Trinity	Nooksack Valley	30.88	SCR		
--	Chang, Jillian	Christian Faith	32.99	SCR		
--	Sarr, Kumba	Mariner		SCR		
--	Muriithi, Virginia	Christian Faith		SCR		
--	Cerda, Stephanie	Nooksack Valley	35.67	SCR		
--	Tekle, Ruth	Mariner	32.57	SCR		
--	Rice, Amelia	Ingraham	31.85	SCR		A
--	Alcaide, Mishala	Mariner	32.62	SCR		
--	LaChance, Cosette	Ballard	29.87	SCR		
--	Friedrichsen, Aver	Henry Jackson	29.79	SCR		
--	Wu, Joey	Shorewood	30.13	SCR		
--	Ryan, Emma	Henry Jackson	30.12	SCR		A
--	Kyles, Abby	Kamiak	28.54	SCR		
--	Yanega, Macy	Anacortes	27.02	SCR		
--	Schutzka, Elisabeth	Mt Vernon	29.78	SCR		
--	Nelson, Chloe	Ferndale	30.57	SCR		
--	Reilly, Sabrina	Cascade (Everett)	30.51	SCR		
--	Primrose, Hannah	Lakewood	30.74	SCR		
--	Tran, Julia	Shorewood	30.59	SCR		
--	Senghore, Nyima	Mariner	30.41	SCR		
--	Dickerson, Ashley	Blaine	30.40	SCR		
--	Agol, Julianna	Henry Jackson	30.47	SCR		

Women 400 Meter Dash Varsity

Name	Year School	Seed	Finals	H#	Points
1	McGee, Finley	Seattle Prep	1:01.34	1:00.86	4 10
2	Hatch, Tracey	Kamiak	1:01.52	1:00.94	4 8
3	Souza, Carmen	Bellingham	1:01.30	1:01.34	4 6
4	Krause, Lauren	Cedarcrest	1:02.40	1:02.53	4 5
5	DeLaFuente, Kalyss	Mt Vernon	1:03.57	1:02.62	4 4
6	Kearney, Emily	Seattle Prep	1:04.54	1:04.25	3 3
7	Nephew, Skye	Shorewood	1:04.36	1:04.37	3 2
8	Ceniceros, Isabela	Kamiak	1:04.48	1:04.47	3 1
9	DeJong, Laine	Lynden Christian	1:02.03	1:04.53	4
10	Glascock, Livia	Shorecrest	1:05.04	1:05.01	3
11	Schwerzler, Kira	North Mason	1:04.39	1:05.75	3
12	Complita, Grace	South Whidbey	1:06.15	1:06.27	2
13	Santos, Scout	Northwest	1:05.00	1:06.71	3
14	Kim, Allyson	Henry Jackson	1:05.59	1:06.85	2
15	Johnson, Tia	Cedar Park C	1:05.94	1:07.08	2
16	Sherry, Keegan	Shorewood	1:05.57	1:07.46	2
17	Childs, Jaiden	Bothell	1:04.00	1:07.53	4
18	Senghore, Nyima	Mariner	1:07.30	1:07.66	1
19	Aggergaard, Amy	Anacortes	1:05.17	1:07.81	2
20	Angelos, Madeline	Ballard	1:09.34	1:08.60	1
21	Fleming, Frances	Sehome	1:05.00	1:08.88	3
22	Harris, Donna Mari	Lynnwood	1:07.00	1:09.60	2

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 400 Meter Dash Varsity**

23	Geiger-Lazo, Kim	Sammamish	1:06.50	1:09.61	2	
24	Fredericks, Milann	Blaine	1:10.52	1:09.72	1	
25	Getnet Gessesse, H	Shorewood	1:06.27	1:11.27	2	1:11.261
26	Healy, Katya	University Prep	1:11.95	1:11.27	1	1:11.270
27	Flynn, Ella	Friday Harbor	1:18.73	1:18.16	1	
--	Biery, Nichole	Cascade (Everett)	1:04.54	DNS	3	
--	Le, Khyra	Maple Ridge	1:02.52	DNS	4	
--	Creasy, Tess	Ballard	1:26.74	SCR		
--	Bauer, Emma	Ballard	1:13.22	SCR		
--	McCown, Lauren	Ballard	1:10.92	SCR		
--	Alcaide, Mishala	Mariner	1:14.10	SCR		
--	Muza, Sophie	Ballard	1:14.74	SCR		
--	Tekle, Ruth	Mariner	1:13.32	SCR		
--	Drammeh, Binta	Mariner	1:13.95	SCR		
--	Burton, Allison	Seattle Prep	1:05.64	SCR		
--	Sewell, Sarah	Henry Jackson	1:01.86	SCR		
--	Soriano-Sanchez, L	Stanwood	1:05.22	SCR		
--	Denham, Jaclyn	Ferndale	1:03.79	SCR		
--	Wu, Joey	Shorewood	1:08.22	SCR		
--	Patterson, Kennedy	Cascade (Everett)	1:09.74	SCR		
--	Morin, Sierra	North Mason	1:07.64	SCR		
--	Friedrichsen, Aver	Henry Jackson	1:07.94	SCR		

Women 800 Meter Run Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Lenton, Jade	Maple Ridge	2:20.83	2:20.40	3	10
2	Hodges, Cameron	Sehome	2:22.13	2:20.96	3	8
3	Ly, Kerstin	Bothell	2:24.42	2:24.78	3	6
4	O'Donoghue-McDonal	Seattle Prep	2:32.56	2:25.08	3	5
5	Swegler Richmond,	South Whidbey	2:26.76	2:28.35	3	4
6	Marriner, Josie	Sehome	2:34.27	2:30.09	3	3
7	Denham, Jaclyn	Ferndale	2:36.44	2:31.99	2	2
8	Salomon, Maria	Squalicum	2:38.70	2:32.84	2	1
9	Kamila, Grace	Shorewood	2:34.70	2:33.38	2	
10	Jones, Lili	Stanwood	2:39.98	2:33.81	2	
11	Ibarra, Kimberly	Cascade (Everett)	2:37.20	2:36.72	2	
12	Hanson, Jenny	Anacortes	2:38.00	2:39.04	2	
13	McCormack, Delaney	Shorecrest	2:42.30	2:39.18	2	
14	Kim, Allyson	Henry Jackson	2:45.05	2:40.22	1	
15	Huffman, Grace	South Whidbey	2:40.99	2:41.74	2	
16	Sevigny, Kara	Mariner	2:38.24	2:41.94	2	
17	Smith, Bethany	Cedarcrest	2:42.05	2:42.86	2	
18	Grode, Sadie	Henry Jackson	2:39.10	2:43.81	2	
19	McCown, Lauren	Ballard	2:46.18	2:43.91	1	
20	Krutiy, Illona	Mariner	2:44.72	2:46.41	1	
21	Vogel, Emily	Friday Harbor	2:44.00	2:47.90	1	
22	Sitzmann, Sarah	Cedar Park C	2:47.33	2:49.35	1	
23	Carroll, Jules	Shorewood	2:46.90	2:50.31	1	
24	Howell, Charlotte	Northwest	2:53.02	2:51.19	1	
25	Cox, Emily	Mountlake Terrace	2:47.40	2:51.43	1	
26	Ojalehto, Kyla	Mariner	2:47.00	2:52.41	1	
27	McCormick, Taylee	Blaine	2:45.00	2:53.73	1	
28	Escalona, Juliette	Mountlake Terrace	2:47.90	2:55.91	1	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 800 Meter Run Varsity**

29	Knutson, Shay	Mount Baker	3:02.65	3:01.67	1
--	Colando, Sara	University Prep	2:26.01	DNS	3
--	Nephew, Skye	Shorewood	2:33.50	DNS	3
--	Elston, Cynthia	Mt Vernon	2:43.03	DNS	2
--	Hazel Pon, Charlie	Ballard	2:59.32	SCR	
--	Simbolon, Valencia	Mariner	2:58.32	SCR	
--	Heipt, Reese	Northwest	3:15.00	SCR	
--	Creasy, Tess	Ballard	3:25.55	SCR	
--	Risser, Annika	Sehome	2:47.79	SCR	
--	Kim, Janice	Shorewood	2:53.90	SCR	
--	Wellman, Grace	Seattle Prep	2:45.84	SCR	
--	Muza, Sophie	Ballard	2:57.70	SCR	
--	Bauer, Emma	Ballard	2:55.42	SCR	

Women 1600 Meter Run Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Anderson, Alicia	Kamiak	5:15.00	5:22.62	2	10
2	Bassett, Elizabeth	Granite Falls	5:31.10	5:27.72	2	8
3	Ly, Kerstin	Bothell	5:25.69	5:27.86	2	6
4	Skoog, Anna	Henry Jackson	5:26.60	5:28.41	2	5
5	Vitoratos, Kasha	Sa-Hali	5:30.00	5:31.11	2	4
6	Balaski, Sasha	Northwest	5:36.30	5:33.24	2	3
7	Lopez, Monserrat	Bothell	5:41.07	5:35.53	2	2
8	Bleakley-Harris, H	Northwest	5:39.18	5:35.56	2	1
9	Konugres, Anastasi	Ballard	5:31.05	5:39.26	2	
10	Philbin, Jill	Ballard	5:41.59	5:39.44	2	
11	Denham, Jaclyn	Ferndale	5:38.30	5:40.86	2	
12	Savenkova, Christi	Lynnwood	5:48.10	5:44.23	2	
13	Gill-More, Allie	Mountlake Terrace	5:48.10	5:44.30	2	
14	McCormack, Delaney	Shorecrest	5:48.50	5:46.95	2	
15	Jaqua, Sophia	Ballard	5:45.71	5:47.40	2	
16	Doud, Grace	Squalicum	5:44.40	5:47.53	2	
17	Mckenna, Megan	Anacortes		5:48.21	1	
18	Ewing, Maya	Lynden Christian	6:04.42	5:48.29	2	
19	Vogel, Emily	Friday Harbor	6:14.00	5:51.31	2	
20	Balestreri, Haley	Henry Jackson	5:49.90	5:58.23	2	
21	Daily, Alexa	Lakewood	6:10.72	5:58.81	2	
22	Siehl, Ruby	Ballard	5:58.84	5:58.85	2	
23	Snow, Lily	Nooksack Valley	6:09.00	6:00.05	2	
24	Schafte, Krista	Cascade (Everett)	6:12.20	6:01.20	2	
25	Oberndorfer, Grace	Cedarcrest	6:02.90	6:03.28	2	
26	Carroll, Jules	Shorewood	6:20.13	6:03.40	1	
27	Johnson, Kyla	Shorewood	6:28.66	6:03.97	1	
28	Cowan, Abigail	Mt Vernon	5:54.60	6:04.12	2	
29	McCormick, Taylee	Blaine	5:58.76	6:05.32	2	
30	Knutson, Savannah	North Mason	6:10.00	6:06.48	2	
31	Grode, Sadie	Henry Jackson	6:17.00	6:08.55	1	
32	Anderson, Izabelle	Bellingham	6:14.36	6:09.82	1	
33	Ojalehto, Kyla	Mariner	6:23.31	6:13.94	1	
34	Ackerman, Josie	Ingraham	6:10.00	6:14.76	1	
35	Woodrum, Emily	Cascade (Everett)	6:09.00	6:15.02	2	
36	Mitchell, Briana	Stanwood		6:16.95	1	
37	Dolan-Edmondson, J	Ballard	6:33.48	6:17.06	1	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 1600 Meter Run Varsity**

38	Van Valkenburg, Gi	Cedarcrest	6:11.98	6:18.50	2
39	Bomgardner, Hannah	Cedarcrest	6:31.69	6:21.11	1
40	Bauer, Emma	Ballard	6:32.41	6:21.25	1
41	Riley, Holly	Lakewood	6:31.44	6:25.05	1
42	Moore, Darby	Ballard	6:41.21	6:27.52	1
43	Polintan,Carolynn	Henry Jackson	6:26.80	6:27.92	1
44	Oliver, Briella	Cedar Park C	6:50.00	6:30.76	1
45	Haworth, Sarah	Ballard	6:38.35	6:34.58	1
46	Poetzl, Amelia	Shorewood	6:36.67	6:38.42	1
47	Hazel Pon, Charlie	Ballard	6:40.72	6:44.79	1
48	Barajas-Salas, Mar	Mariner	6:41.46	6:46.06	1
49	Avedovech, Sarah	Shorewood	6:42.30	6:48.31	1
50	Powell, Gracia	Sehome	6:51.83	6:50.64	1
51	DeEulio, Amelia	Ballard	6:40.50	6:56.01	1
52	Takele, Bontu	Sehome	7:20.95	6:57.60	1
53	Prahl, Naomi	Ballard	6:44.99	7:23.42	1
--	Herter, Elisa	Ferndale	6:14.30	DNS	1
--	Morehouse, Ellie	Lynnwood	6:43.87	DNS	1
--	An, Madison	Lynnwood	6:47.00	DNS	1
--	Malnor, Louisa	Bellingham	6:43.40	DNS	1
--	Schmidt, Zetta	Mount Baker	6:18.80	DNS	1
--	Krutiy, Illona	Mariner	5:59.55	DNS	2
--	Pickering, Eleanor	Ballard	6:27.95	DNS	1
--	Fita, Yelena	Henry Jackson	5:58.06	DNS	2
--	Tang, Hannah	Lynnwood	6:38.58	DNS	1
--	Douglas, Isabelle	Sehome	6:05.88	DNS	2
--	Strasbourgger, Elli	Christian Faith	8:37.41	SCR	
--	Andersen, Ella	Ballard	6:39.19	SCR	
--	Weiss, Addie	Seattle Prep	6:04.15	SCR	
--	Kirker, Rosie	Sehome	5:38.90	SCR	
--	Hodges, Cameron	Sehome	5:33.60	SCR	
--	Sorenson, Abbie	Bellingham		SCR	
--	Mills, Katie	Ballard	6:14.73	SCR	
--	Lucas, Makenna	Henry Jackson	6:05.59	SCR	
--	Beres, Eileen	Shorewood	5:46.95	SCR	
--	Sinha, Anjali	Henry Jackson	6:11.60	SCR	
--	Potts, Genevieve	Seattle Prep	6:20.31	SCR	

Women 3200 Meter Run Varsity

Name	Year	School	Seed	Finals	Points
1	Hirschfeld, Anya	Ingraham	11:30.00	10:58.78	10
2	Simmons, Kate	Eastside Catholic	11:32.10	10:59.92	8
3	Arceo, Emma	Kamiak	11:37.06	11:20.29	6
4	Clark, Leah	Kamiak	11:32.00	11:26.29	5
5	Skoog, Anna	Henry Jackson	11:40.30	11:29.17	4
6	Smith, Samantha	Ballard	11:48.33	11:35.18	3
7	Montgomery, Lydia	Ingraham	11:40.00	11:35.19	2
8	Bentz, Charlotte	Stanwood	12:13.33	11:44.50	1
9	MacDonald, Abby	Ballard	12:25.78	11:58.71	
10	Lopez, Monserrat	Bothell	12:30.08	12:10.24	
11	Visser, Lillian	Shorecrest	12:14.30	12:10.96	
12	Rafter, Ilse	Maple Ridge	12:30.71	12:16.12	
13	Beres, Eileen	Shorewood	12:22.70	12:18.72	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 3200 Meter Run Varsity**

14	Kirker, Rosie	Sehome	12:06.19	12:19.06
15	Nelson, Julia	Shorewood	12:51.57	12:28.76
16	Gill-More, Allie	Mountlake Terrace	12:24.23	12:30.31
17	Colleran, Emily	Seattle Prep	13:03.41	12:43.50
18	Howe, Madison	Lakewood	13:04.59	12:45.02
19	Fita, Yelena	Henry Jackson	12:58.73	12:45.11
20	Lee, Samantha	Shorewood	13:14.77	12:53.11
21	Lucas, Makenna	Henry Jackson	13:21.56	13:01.55
22	Buttleman, Dori	Ballard	12:59.78	13:03.90
23	Knutson, Savannah	North Mason	13:41.72	13:04.07
24	Loeffelholz, Jonqu	Sehome	13:15.00	13:06.77
25	Flynn, Ella	Friday Harbor	14:24.00	14:15.22
26	Himmelfarb, Esther	Lynnwood	14:07.40	14:22.42
27	Goering, Lilly	Cedar Park C	13:59.00	14:29.27
--	Vitoratos, Kasha	Sa-Hali	12:00.00	DNS
--	Haggith, Juliette	Mount Baker	12:50.00	DNS
--	Johnson, Kyla	Shorewood	13:33.10	DNS
--	Strasbourger, Elli	Christian Faith		SCR

Women 100 Meter Hurdles Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Baron, Samantha	Brooks	15.45	15.71	4	10
2	Metales, Nadia	Shorewood	18.69	16.34	2	8
3	Kovich, Sarah	North Creek	16.09	16.42	4	6
4	Hewson, Amelia	Northwest	16.33	16.53	4	5
5	Wilson, Janie	Sehome	17.19	17.43	4	4
6	Hubble, Gabriella	Ingraham		17.58	1	3
7	Place, Katie	Friday Harbor	18.14	17.66	3	2
8	Hopper, Skye	Anacortes	17.44	17.67	4	1
9	Bottles, Rachel	Mt Vernon	17.42	17.90	4	
10	Barmore, Leila	Stanwood	17.72	17.92	3	
11	Meng, Alysa	Henry Jackson	17.87	18.07	3	
12	Schutzka, Elisabeth	Mt Vernon	17.38	18.21	4	
13	Steere, Riley	Henry Jackson	18.10	18.41	3	
14	Porter, Isabella	North Mason	17.84	18.48	3	
15	Otani, Logan	Mountlake Terrace	18.08	18.52	3	
16	Garcia, Natalie	Mariner	18.51	18.81	2	
17	Bjornson, Sarah	Seattle Prep	18.52	18.96	2	
18	Milner, Jenna	Bothell	18.20	19.02	3	
19	Knyphausen, Anna	Shorecrest	19.14	19.39	2	
20	Goedert, Tova	Ballard	20.50	20.00	1	
21	Anderson, Amelia	Seattle Prep	19.92	20.09	2	
22	Sylla, Mariam	Cascade (Everett)	20.26	20.38	1	
23	Milliard, Shelby	Maple Ridge	17.70	20.70	4	
24	Nash, Summer	Lynnwood	20.39	21.66	1	
--	Blackwood, Torranc	Lakewood	20.22	DQ	2	
--	Roy, Nicole	Henry Jackson	23.35	DNS	1	
--	Minjarez, Mariah	Blaine	19.33	DNS	2	
--	Cobbs, Molly	South Whidbey	18.34	DNS	3	
--	Tham, Lisa	Henry Jackson	20.32	DNS	1	
--	DuPont, Averie	North Mason	19.91	DNS	2	
--	Lee, Re	Christian Faith		SCR		
--	Bingham, Elizabeth	Kamiak	17.63	SCR		

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 100 Meter Hurdles Varsity**

--	Allik, Natalie	Cedarcrest	19.68	SCR
--	Spring, Cassandra	Christian Faith	20.92	SCR

Women 300 Meter Hurdles Varsity

Name	Year	School	Seed	Finals	H#	Points
1		Baron, Samantha	Brooks	46.00	46.78	4 10
2		Patterson, Grace	Northwest	47.00	47.59	4 8
3		Hopper, Skye	Anacortes	48.39	48.45	4 6
4		Faulkner, Eleeshiy	Blaine	48.68	48.85	4 5
5		Metales, Nadia	Shorewood	51.27	50.13	3 4
6		Smith, Sydney	Cedarcrest	48.82	50.54	4 3
7		Gaw, Kate	Bothell	53.30	51.19	3 2
8		Nalis, Emma	Sammamish	51.50	51.36	3 1
9		Vanderkemp, Brookl	Brooks	49.00	51.51	4
10		Lamma, Tyrza	Cascade (Everett)	52.24	51.84	3
11		Bjornson, Sarah	Seattle Prep	53.52	51.96	2
12		Wilson, Janie	Sehome	55.35	52.28	2
13		Carbone, Zola	Sehome	51.07	52.32	3
14		Knyphausen, Anna	Shorecrest	52.34	52.99	3
15		Porter, Isabella	North Mason	50.81	53.12	4
16		Steere, Riley	Henry Jackson	53.29	53.50	3
17		Cork, Maren	Ingraham	54.56	54.02	2
18		Hubble, Gabriella	Ingraham	51.00	54.84	3
19		Place, Katie	Friday Harbor	55.84	55.44	2
20		Burnett, Madeline	Bellingham	57.73	55.76	1
21		Fairbanks, Sam	Cedarcrest	54.69	56.06	2
22		Hayes, Emily	Blaine	55.32	56.48	2
23		Bui, Andrea	Cascade (Everett)	55.34	59.09	2
24		Blackwood, Torranc	Lakewood	1:00.07	1:00.72	1
25		Nash, Summer	Lynnwood	1:00.58	1:03.19	1
26		Otani, Logan	Mountlake Terrace	56.64	1:04.44	1
--		Kovich, Sarah	North Creek	50.70	DNS	4
--		Tham, Lisa	Henry Jackson	55.20	DNS	2
--		Waggoner, Isabel	Ballard	59.54	SCR	
--		Meng, Alysa	Henry Jackson		SCR	
--		Sewell, Sarah	Henry Jackson	47.42	SCR	
--		Cobbs, Molly	South Whidbey	53.73	SCR	
--		Spring, Cassandra	Christian Faith	58.14	SCR	
--		Bingham, Elizabeth	Kamiak	52.59	SCR	

Women 2000 Meter Steeplechase Varsity

Name	Year	School	Seed	Finals	Points
1		Anderson, Alicia	Kamiak	7:20.79	10
2		Swegler Richmond,	South Whidbey	7:48.00	8
3		Hubble, Daniella	Ingraham	7:41.41	6
4		Halsell, Laura	Squalicum	7:52.08	5
5		Montgomery, Ella	Ingraham	7:52.73	4
6		Maiorano, Frances	Ingraham	8:14.91	3
7		Sevigny, Kara	Mariner	8:41.19	2
8		Maiorano, Josephin	Ingraham	8:45.32	1
9		Huffman, Grace	South Whidbey	8:54.91	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 2000 Meter Steeplechase Varsity**

10	Sitzmann, Sarah	Cedar Park C		9:21.40
11	Hairston, Ashlyn	Sammamish	8:00.00	9:30.54
12	Ferkingstad, Haely	Lynnwood		9:38.77
--	Blackwood, Torranc	Lakewood	9:38.43	DNF
--	Ballard, Kelsey	Kentlake		DNS
--	Herrington, Greta	Northwest		DNS
--	Cutler, Lindee	Mountlake Terrace		SCR

Women 4x100 Meter Relay Varsity

School		Seed	Finals	H#	Points
1	Seattle Prep 'A'	51.30	50.54	3	10
	1) McGee, Finley	2) Lemus-Sodji, Cassie			
	3) Schwartz, Eva	4) Watt, Aisha			
2	Bothell 'A'	51.50	51.48	3	8
	1) Dixon, Jayda	2) Tawrel, Alexia			
	3) Childs, Jaiden	4) LaVine, Camryn			
3	Ballard 'A'	53.20	51.98	3	6
	1) Thomas, Karinna	2) Kistler, Lianne			
	3) Stermer, Celyn	4) Angelos, Isabella			
4	Shorewood 'A'	52.90	52.45	3	5
	1) Tran, Julia	2) Aw, Hai-Ying			
	3) Rodriguez, Rebeca	4) Wollman, Gilana			
5	Shorecrest 'A'	52.10	53.47	3	4
	1) Glascock, Livia	2) Mason, Emily			
	3) Schemmel, Eloika	4) Kagarabi, Amanda			
6	Sehome 'A'	53.97	53.53	3	3
	1) Coleman, Raynee	2) Wilson, Janie			
	3) Carbone, Zola	4) Moore, Hannah			
7	Friday Harbor 'A'	55.44	54.30	2	2
	1) Domenech, Jaclyen	2) Evans, Joanna			
	3) Place, Katie	4) Holman, Alex			
8	Henry Jackson 'A'	53.50	54.73	3	1
	1) Carson, Mya	2) Meng, Alysa			
	3) Coleman, Brooklyn	4) Tham, Lisa			
9	Mariner 'A'	54.71	55.03	2	
	1) Kim, Dasia	2) Garcia, Natalie			
	3) Oseledko, Olena	4) Sarr, Kumba			
10	Grace Academy 'A'	55.72	55.05	2	
	1) Hess, Blaire	2) Hill, Amiyah			
	3) Fredrickson, Aeris	4) Impola, Lindsay			
11	Lynnwood 'A'	56.00	56.64	2	
	1) Navarro, Asia	2) Andry, Alayjah			
	3) Vo, Madelyn	4) Whalen, Sarah			
12	Nooksack Valley 'A'	54.53	57.07	3	
	1) Cerda, Stephanie	2) Lange, Trinity			
	3) Moore, Tehya	4) Neitling, Sierra			
13	Cascade (Everett) 'A'	56.98	58.77	2	
	1) Reilly, Sabrina	2) Sylla, Mariam			
	3) Bui, Andrea	4) Bui, Angela			
14	Kamiak 'A'	58.00	58.79	1	
	1) Sarmer, Elissa	2) Schornack, Tess			
	3) Pethick, Lauren	4) Moreton, Abigail			
15	Cedar Park Chr. (Bothell) 'A'		59.85	1	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 4x100 Meter Relay Varsity**

1) Arteaga, Rory	2) Bacso, Marianna			
3) Williams, Kyra	4) Ventler, Kaitlyn			
16 University Prep 'A'		59.00	1:00.70	1
1) Gasga, Maylin	2) Hernandez, Adriana			
3) Healy, Katya	4) Colando, Sara			
-- Blaine 'A'		55.77	DNS	2
1) Ball, Maya	2) Condos, Cassidy			
3) Fredericks, Milanna	4) Hallberg, Brynn			
-- Christian Faith 'A'			SCR	
1) Muriithi, Virginia	2) Trofimchik, Katerina			
3) Spring, Cassandra	4) Chang, Jillian			
-- Lakewood 'A'		53.90	SCR	
1) Allen, Alexis	2) Seth, Stella			
3) Primrose, Hannah	4) Graham, Jasmine			
-- Cedarcrest 'A'		54.44	SCR	
1) Olson, Heather	2) Wilson, Avril			
3) Olson, Gracie	4) Floyd, Megan			

Women 4x200 Meter Relay Varsity

School	Seed	Finals	H#	Points
1 Bothell 'A'	1:51.00	1:49.10	3	10
1) Dixon, Jayda	2) Tawrel, Alexia			
3) Levinte, Estera	4) LaVine, Camryn			
2 Shorecrest 'A'	1:49.00	1:49.85	3	8
1) Glascock, Livia	2) Schemmel, Eloika			
3) McAllister, Dahlia	4) Kagarabi, Amanda			
3 Maple Ridge 'A'	1:54.21	1:50.39	2	6
1) Le, Khyra	2) Milliard, Shelby			
3) Lenton, Jade	4) Olson, Alina			
4 Sammamish 'A'	1:48.79	1:50.79	3	5
1) Bigger, Josie	2) Nalis, Emma			
3) Vizcarra, Isis	4) Stubbfield, Antoinette			
5 Shorewood 'A'	1:52.00	1:52.00	3	4
1) Kamila, Grace	2) Heagler, Lucy			
3) Di Virgilio, Mina	4) Wollman, Gilana			
6 Seattle Prep 'A'	1:49.27	1:52.85	3	3
1) Anderson, Amelia	2) May, Isabelle			
3) McGee, Finley	4) Schwartz, Eva			
7 Mt Vernon 'A'	1:53.42	1:54.77	3	2
1) Bottles, Rachel	2) Schutza, Elisabeth			
3) Mierzeski, Sierra	4) DeLaFuente, Kalyssa			
8 Cedarcrest 'A'	1:56.00	1:55.50	2	1
1) Olson, Heather	2) Wilson, Avril			
3) Floyd, Megan	4) Olson, Gracie			
9 Sehome 'A'	2:01.00	1:56.39	1	
1) Coleman, Raynee	2) Carbone, Zola			
3) Moore, Hannah	4) Fleming, Frances			
10 Cedar Park Chr. (Bothell) 'A'	2:00.38	1:58.85	2	
1) Arteaga, Rory	2) Williams, Kyra			
3) Johnson, Tia	4) Ventler, Kaitlyn			
11 Henry Jackson 'A'	1:56.50	2:00.12	2	
1) Carson, Mya	2) Meng, Alysa			
3) Tham, Lisa	4) Friedrichsen, Avery			

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 4x200 Meter Relay Varsity**

12 Lynnwood 'A'	2:00.00	2:00.40	2
1) Andry, Alayjah	2) Vo, Madelyn		
3) Navarro, Asia	4) Whalen, Sarah		
13 Cascade (Everett) 'A'	1:58.21	2:02.48	2
1) Biery, Nichole	2) Reilly, Sabrina		
3) Bui, Andrea	4) Arreola, Cameron		
14 Kamiak 'A'	2:00.00	2:05.25	2
1) Cooke, Riley	2) Pethick, Lauren		
3) Moreton, Abigail	4) Moreton, Victoria		
15 Grace Academy 'A'	2:04.70	2:07.07	1
1) Impola, Lindsay	2) Ibrahim, Serena		
3) Fredrickson, Emily	4) Hill, Amiyah		
-- Ballard 'A'	1:52.00	DQ	3
1) Thomas, Karinna	2) Kistler, Lianne		
3) Stermer, Celyn	4) Angelos, Isabella		
-- Friday Harbor 'A'	2:02.60	DQ	1
1) Geiser, Janay	2) Evans, Joanna		
3) Domenech, Jaclyen	4) Holman, Alex		
-- Mariner 'A'	1:58.60	DQ	2
1) Kim, Dasia	2) Sarr, Kumba		
3) Senghore, Nyima	4) Oseledko, Olena		
-- South Whidbey 'A'	1:53.48	DNS	3
1) Straub, Mattason	2) Hezel, Karyna		
3) Drye, Mallory	4) Complita, Grace		
-- Anacortes 'A'	1:50.36	SCR	
1) Yanega, Zoe	2) Aggergaard, Amy		
3) Yanega, Macy	4) Hopper, Skye		
-- Christian Faith 'A'		SCR	
1) Muriithi, Virginia	2) Trofimchik, Katerina		
3) Spring, Cassandra	4) Chang, Jillian		
-- Blaine 'A'	2:00.24	SCR	
1) Ball, Maya	2) Fredericks, Milanna		
3) Condos, Cassidy	4) Hallberg, Brynn		

Women 4x400 Meter Relay Varsity

School	Seed	Finals	H#	Points
1 Seattle Prep 'A'	4:24.50	4:14.48	2	10
1) Kearney, Emily	2) McGee, Finley			
3) Watt, Aisha	4) Lemus-Sodji, Cassie			
2 Bothell 'A'	4:16.00	4:15.07	2	8
1) Lipkin, Devon	2) Ly, Kerstin			
3) Levinte, Estera	4) Childs, Jaiden			
3 Shorecrest 'A'	4:15.00	4:24.64	2	6
1) Glascock, Livia	2) Starr, Lorelei			
3) McAllister, Dahlia	4) Knyphausen, Anna			
4 Shorewood 'A'	4:27.00	4:25.28	2	5
1) Nephew, Skye	2) Heagler, Lucy			
3) Getnet Gessesse, Hermon	4) Sherry, Keegan			
5 Ballard 'A'	4:24.00	4:28.79	2	4
1) Thomas, Karinna	2) Kistler, Lianne			
3) LaChance, Cosette	4) Angelos, Madeline			
6 Sammamish 'A'	4:27.16	4:30.51	2	3
1) Geiger-Lazo, Kim	2) Vizcarra, Isis			

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 4x400 Meter Relay Varsity**

3) Nalis, Emma	4) Bigger, Josie			
7 Henry Jackson 'A'		4:32.50	4:31.21	1 2
1) Kim, Allyson	2) Agol, Julianna			
3) Uselman, Alexandra	4) Friedrichsen, Avery			
8 South Whidbey 'A'		4:52.99	4:32.41	1 1
1) Complita, Grace	2) Drye, Mallory			
3) Cobbs, Molly	4) Hezel, Karyna			
9 Sehome 'A'		4:23.00	4:36.53	2
1) Coleman, Raynee	2) Carbone, Zola			
3) Marriner, Josie	4) Hodges, Cameron			
10 Cascade (Everett) 'A'		4:30.60	4:36.93	1
1) Lamma, Tyrza	2) Ibarra, Kimberly			
3) Patterson, Kennedy	4) Biery, Nichole			
11 North Mason 'A'		4:30.00	4:38.47	2
1) Schwerzler, Kira	2) Porter, Isabella			
3) Morin, Sierra	4) Shumaker, Morgan			
12 Cedar Park Chr. (Bothell) 'A'		4:47.22	4:44.21	1
1) Arteaga, Rory	2) Williams, Kyra			
3) Johnson, Tia	4) Sitzmann, Sarah			
13 Stanwood 'A'		4:33.88	4:55.02	1
1) Bentz, Charlotte	2) Mitchell, Briana			
3) Soriano-Sanchez, Lucy	4) Jones, Lili			
-- Mariner 'A'		4:35.62	SCR	
1) Sevigny, Kara	2) Ojalehto, Kyla			
3) Senghore, Nyima	4) Krutiy, Illona			
-- Lynnwood 'A'		4:35.00	SCR	
1) Harris, Donna Marie	2) McArthur, Allyson			
3) Savenkova, Christina	4) Georgieva, Gergana			

Women 4x800 Meter Relay Varsity

School	Seed	Finals	Points
1 Kamiak 'A'	9:45.00	9:50.33	10
1) Anderson, Alicia	2) Arceo, Emma		
3) Clark, Leah	4) Hatch, Tracey		
2 Ballard 'A'	10:30.00	10:19.39	8
1) Smith, Samantha	2) Konugres, Anastasia		
3) Siehl, Ruby	4) McCown, Lauren		
3 Henry Jackson 'A'	10:40.00	10:35.90	6
1) Balestreri, Haley	2) Kim, Allyson		
3) Skoog, Anna	4) Sewell, Sarah		
4 Bothell 'A'	11:20.00	10:59.51	5
1) Ly, Kasey	2) Zundel, Taylor		
3) Hayes, Maggie	4) Crumbaugh, Samantha		
5 Ballard 'B'	10:50.00	x11:11.10	
1) Philbin, Jill	2) Bauer, Emma		
3) MacDonald, Abby	4) Jaqua, Sophia		
6 Lynnwood 'A'	11:28.00	11:20.53	4
1) An, Madison	2) Tang, Hannah		
3) Georgieva, Gergana	4) Harris, Donna Marie		
7 Mariner 'A'	11:15.00	11:28.72	3
1) Ojalehto, Kyla	2) Simbolon, Valencia		
3) Krutiy, Illona	4) Sevigny, Kara		
8 Henry Jackson 'B'	11:59.00	x11:35.10	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women 4x800 Meter Relay Varsity**

1) Lucas, Makenna	2) Fita, Yelena			
3) Sinha, Anjali	4) Grode, Sadie			
9 Cascade (Everett) 'A'		11:30.00	11:48.16	2
1) Kaur, Arshpreet	2) Patterson, Kennedy			
3) Nelson, Anika	4) McMurtry, Emma			
10 Ballard 'C'		12:00.00	x11:52.76	
1) Muza, Sophie	2) Dolan-Edmondson, Josephine			
3) Andersen, Ella	4) Prael, Naomi			
11 Shorecrest 'A'		12:05.00	12:01.33	1
1) Van, Laura	2) Hakim, Natalie			
3) Rhodes, Shannon	4) Frederick, Savannah			
12 Shorewood 'A'		12:15.00	12:13.16	
1) Johnson, Kyla	2) Christopherson, Ramona			
3) Avedovech, Sarah	4) Poetzl, Amelia			
13 Mariner 'B'		12:30.00	x12:24.47	
1) Tekle, Ruth	2) Barajas-Salas, Marlene			
3) Alcaide, Mishala	4) Vincent, Sage			
-- Sehome 'A'		11:00.00		DNS
1) Risser, Annika	2) Takele, Bontu			
3) Wakeland, Rose	4) Powell, Gracia			
-- Mountlake Terrace 'A'				DNS
1) Cox, Emily	2) Escalona, Juliette			
3) McCraney, Morgan	4) Dellinger, Alexia			
-- Seattle Prep 'A'		12:00.00		SCR
1) Mulligan, Lauren	2) Leahy, Colleen			
3) Klein, Kennedy	4) Vandenburg, Karin			

Women High Jump Varsity

Name	Year	School	Seed	Finals	Points	
1		Nelson, Katie	Cascade (Everett)	5-03.00	5-02.00	10
2		Leonard, Isabelle	Kamiak	5-02.00	J5-02.00	8
3		Rodenbaugh, Jennif	Granite Falls	5-00.00	5-00.00	6
4		Manning, Ava	Kamiak	4-08.00	J5-00.00	5
5		Ruegg, Alison	Brooks	4-07.00	J5-00.00	4
6		Petit, Clair	Shorewood	4-08.00	4-10.00	3
7		DeGreen, Isabel	Ballard	4-10.00	4-08.00	2
8		Graham, Jasmine	Lakewood	4-10.00	J4-08.00	1
9		Sellentini, Ella	Shorecrest	4-08.00	J4-08.00	
9		Georgieva, Gergana	Lynnwood	4-10.00	J4-06.00	
10		Carroll, Allie	Anacortes	4-06.00	4-06.00	
11		Faulkner, Eleeshiy	Blaine	4-04.00	J4-06.00	
11		Aggergaard, Amy	Anacortes	4-08.00	J4-06.00	
11		May, Isabelle	Seattle Prep	4-06.00	J4-06.00	
12		Neitling, Sierra	Nooksack Valley	4-08.00	J4-04.00	
12		Johnson, Tia	Cedar Park C	4-06.00	J4-04.00	
--		Zundel, Taylor	Bothell	4-06.00		NH
--		Roy, Nicole	Henry Jackson	4-04.00		NH
--		Bigger, Josie	Sammamish	4-02.00		NH
--		Anderson, Trinity	Mount Baker	4-10.00		NH
--		DeCoteau, Sofia	North Creek	5-02.00		NH
--		Luoto, Julia	Cedarcrest	4-08.00		NH
--		Ney, Emily	Mt Vernon	4-04.00		NH
--		Stevenson, Iris	Anacortes	4-08.00		NH

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women High Jump Varsity**

--	Bugbee, Sasha	Mt Vernon	4-04.00	SCR
--	Pollett, Grace	Mt Vernon	4-04.00	SCR
--	Moen, Katherine	Ballard	4-06.00	SCR
--	Burton, Allison	Seattle Prep	4-10.00	SCR

Women Pole Vault Varsity

Name	Year	School	Seed	Finals	Points	
1		Kistler, Lianne	Ballard	13-00.00	13-00.00	10
2		Sturgill, Lauren	Sammamish	10-00.00	10-00.00	8
3		Shoji, Nathalie	Ingraham	9-06.00	8-06.00	6
4		Tran, Annie	Kamiak	8-00.00	J8-06.00	4.50
4		Frank, Kiley	Cedarcrest	8-00.00	J8-06.00	4.50
6		Bassett, Elizabeth	Granite Falls	8-00.00	J8-06.00	3
7		Giles, Chloe	Shorewood	7-06.00	8-00.00	1.50
7		Dampac, Corzette	Mariner	7-06.00	8-00.00	1.50
9		Mullins, Ginger	Bellingham	8-06.00	J8-00.00	
9		Condos, Cassidy	Blaine	8-06.00	J8-00.00	
11		Wilson, Avril	Cedarcrest	8-00.00	7-06.00	
12		McPhail, Gracie	Blaine	8-00.00	7-00.00	
13		Greenlee, Michele	Granite Falls	7-06.00	J7-00.00	
14		Hem, Madison	Nooksack Valley	6-06.00	6-06.00	
--		Lane, Kathryn	Henry Jackson	7-06.00	NH	
--		Robbins, Leanne	South Whidbey	7-04.00	NH	
--		Kovtun, Diana	Blaine	7-00.00	NH	
--		Rudberg, Ava	Mariner	7-00.00	NH	
--		Keane, Mia	Sammamish	8-00.00	NH	
--		Lamma, Tyrza	Cascade (Everett)	10-06.00	NH	
--		Keuss, Eilidh	Henry Jackson	7-06.00	NH	
--		Anderson, Trinity	Mount Baker	7-07.00	NH	
--		Lizzotte, Ashlyn	Mount Baker	6-00.00	SCR	
--		Cereno, Ashley	Mariner	6-00.00	SCR	
--		Zajonz, Marie	Lakewood	5-06.00	SCR	
--		Bradley, Lily	Cedarcrest	8-06.00	SCR	
--		Gould, Ashah	Ferndale	8-00.00	SCR	
--		Alvord, Ava	Ballard	8-06.00	SCR	
--		Duangmani, Tina	Mariner	6-06.00	SCR	

Women Long Jump Varsity

Name	Year	School	Seed	Finals	H#	Points
1		Lemus-Sodji, Cassi	Seattle Prep	18-02.00	17-00.00	4 10
2		Baron, Samantha	Brooks	16-09.00	16-10.50	4 8
3		Aw, Hai-Ying	Shorewood	16-06.50	16-09.50	4 6
4		Ronse, Dominique	Brookwood	17-05.00	16-05.00	4 5
5		DeGreen, Isabel	Ballard	14-11.75	16-02.50	3 4
6		Olson, Heather	Cedarcrest	15-07.50	15-10.75	3 2.50
6		Nelson, Katie	Cascade (Everett)	15-07.25	15-10.75	3 2.50
8		McAllister, Dahlia	Shorecrest	15-10.00	15-07.50	4 1
9		Barmore, Leila	Stanwood	14-10.00	15-06.50	3
10		Wollman, Gilana	Shorewood	14-09.00	15-06.00	2
11		Weg, Rylee	Ferndale	16-02.00	15-05.75	4
12		Rettig, Lanie	Northwest	14-08.00	15-03.25	2

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women Long Jump Varsity**

13	DeJong, Laine	Lynden Christian	16-01.75	15-03.00	4
14	Lipkin, Devon	Bothell	14-07.50	14-10.00	2
15	Moore, Tehya	Nooksack Valley	15-02.50	14-07.75	3
16	Duangmani, Tina	Mariner	14-07.50	14-07.25	2
17	Steere, Riley	Henry Jackson	14-09.25	14-05.00	2
17	Domenech, Jaclyen	Friday Harbor		14-05.00	1
19	Primrose, Hannah	Lakewood	14-01.75	14-02.75	1
20	Smith, Cassidy	Concrete	13-10.50	14-01.50	1
21	Le, Khyra	Maple Ridge	14-10.75	14-00.00	3
22	Fleming, Frances	Sehome	15-00.00	13-11.75	3
23	Lyford, Amanda	Stanwood	14-09.00	13-11.25	2
24	Zheng, Chloe	Kamiak	14-09.00	13-07.00	2
25	Ventler, Kaitlyn	Cedar Park C	15-07.00	13-04.00	3
26	Puengpoh, Fai	Anacortes	14-01.00	13-03.00	1
27	Ibrahim, Serena	Grace Academy	13-05.00	13-01.75	1
28	Nygren, Kayla	Sehome	14-06.00	12-09.75	1
29	Schutza, Elisabeth	Mt Vernon	14-06.50	12-08.50	2
30	Nygren, Aysha	Sehome	14-06.00	12-07.00	1
--	Davis, Kali	Ingraham	13-10.00	ND	1
--	Straub, Mattason	South Whidbey	15-10.25	ND	4
--	Stevenson, Iris	Anacortes		SCR	
--	Allen, Alexis	Lakewood	14-09.00	SCR	
--	Barlean, Hannah	Ferndale	13-00.00	SCR	
--	Buchta, Ebby	Concrete	13-00.00	SCR	
--	Jukanovich, Gabrie	Stanwood	12-11.00	SCR	
--	Spangler, Anna	Concrete	12-11.00	SCR	
--	Arreola, Cameron	Cascade (Everett)	13-01.00	SCR	
--	Hazel Pon, Charlie	Ballard	13-06.00	SCR	
--	Casey, Morgan	Grace Academy	13-01.00	SCR	
--	Spencer, Aaliyah	Anacortes	11-01.50	SCR	
--	Rider, Rebekah	Concrete	11-11.00	SCR	
--	Jacobson, Emalee	Anacortes	11-00.50	SCR	
--	Blanchard, Natalie	Anacortes	12-01.25	SCR	
--	Mason, Jaida	Anacortes	12-08.00	SCR	
--	Templin, Bonnie	Ferndale	11-11.50	SCR	

Women Triple Jump Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Hopper, Skye	Anacortes	32-11.75	34-03.00	3	10
2	Weg, Rylee	Ferndale	33-11.00	34-01.50	3	8
3	Nelson, Katie	Cascade (Everett)	35-04.50	34-00.00	3	6
4	Rodriguez, Rebeca	Shorewood	32-10.25	33-06.75	3	5
5	Manning, Ava	Kamiak	30-05.00	32-09.50	2	4
6	Kovich, Sarah	North Creek	33-08.50	32-07.75	3	3
7	Farrell, Nola	Ingraham	32-00.00	32-05.00	3	2
8	Krause, Lauren	Cedarcrest	32-08.25	31-11.50	3	1
9	Barmore, Leila	Stanwood	31-02.00	31-09.50	2	
10	Garcia, Natalie	Mariner	30-05.00	30-10.50	2	
11	Schemmel, Eloika	Shorecrest	32-04.00	30-09.50	3	
12	Coleman, Brooklyn	Henry Jackson	31-02.00	30-03.00	2	
13	Mason, Emily	Shorecrest	30-08.00	29-06.50	2	
14	Ruegg, Alison	Brooks	29-06.25	29-05.50	1	
15	Duangmani, Tina	Mariner	29-06.25	29-03.00	1	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women Triple Jump Varsity**

16	Lyford, Amanda	Stanwood	31-01.00	28-05.25	2
17	Fleming, Frances	Sehome	31-04.50	28-03.00	2
18	Nygren, Kayla	Sehome	29-06.00	27-07.00	1
19	Steere, Riley	Henry Jackson	30-10.00	27-03.00	4
20	Zheng, Chloe	Kamiak	29-06.00	27-01.75	1
21	Ibrahim, Serena	Grace Academy	28-08.00	26-11.50	1
22	Milliard, Shelby	Maple Ridge	30-06.00	26-11.00	2
23	Nygren, Aysha	Sehome	29-06.00	26-07.25	1
24	Rodenbaugh, Jennif	Granite Falls	30-04.75	25-10.00	1
25	Evans, Joanna	Friday Harbor	27-03.00	25-03.00	1
--	Bryan, Abby	Ferndale	28-07.25	ND	1
--	Allen, Alexis	Lakewood	31-00.50	SCR	
--	Mbuyu, Medi	Mariner	27-02.00	SCR	
--	Mason, Jaida	Anacortes	28-07.00	SCR	
--	Arreola, Cameron	Cascade (Everett)	28-06.50	SCR	
--	Drammeh, Binta	Mariner	26-01.50	SCR	
--	Casey, Morgan	Grace Academy	26-08.00	SCR	
--	Bui, Andrea	Cascade (Everett)	26-02.50	SCR	
--	Leonard, Isabelle	Kamiak	31-01.75	SCR	
--	Masonholder, Rylee	Stanwood	27-01.00	SCR	

Women Shot Put Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Lino, Kiana	Shorecrest	40-08.50	40-01.00	4	10
2	Koonce, Tara	Kamiak	36-03.00	36-08.00	4	8
3	Board, Brenna	Henry Jackson	35-02.50	36-03.50	4	6
4	Schander, Anna	Stanwood	34-06.00	33-05.25	4	5
5	Sherry, Timony	Shorewood	30-06.25	32-07.50	3	4
6	Peterson, Emilia	Henry Jackson	32-08.00	32-03.75	4	3
7	Rothenhuhler, Daws	Sehome	31-07.25	31-07.75	4	2
8	Olson, Alina	Maple Ridge		30-02.50	1	1
9	Hall, Angela	Bellingham	29-09.50	30-02.00	3	
10	Thistle, Jazmyne	Cascade (Everett)	31-07.00	29-04.00	4	
11	Tupuola, Kaelyn	Lakewood	27-10.00	28-04.75	3	
12	Hammond, Bailey	Lakewood	27-06.00	27-05.50	2	
13	Martin, Maddie	Nooksack Valley	27-09.00	27-04.75	2	
14	Welch, Amehra	Shorecrest	28-09.00	27-03.25	3	
15	Jawara, Jainaba	Mariner	28-01.75	27-00.25	3	
16	Sellentini, Ella	Shorecrest	30-07.50	26-10.25	3	
17	Jackson, Mya	Blaine	26-06.00	26-08.25	1	
18	Mack, Brigid	Anacortes	25-08.00	26-07.25	1	
19	Moses, Hallie	Stanwood	31-02.50	26-04.50	4	
19	Shaw, Elyssa	Henry Jackson	26-10.25	26-04.50	2	
21	Fredrickson, Emily	Grace Academy	27-09.75	26-04.25	2	
22	Jones, Lili	Stanwood	27-01.00	25-09.50	2	
23	Jones-Hopoi, Qyiau	Cedar Park C	29-03.00	24-07.00	3	
24	Clegg, Roxanne	North Mason	27-02.00	24-03.00	2	
25	Saunders, Zoie	Mt Vernon	22-04.00	22-08.25	1	
26	Cambronero, Sara Y	Lynnwood	23-01.00	21-05.50	1	
27	Oster, Joanna	University Prep	18-03.75	17-01.50	1	
--	Durbin, Carli	North Mason	27-06.25	ND	2	
--	Christopherson, Ja	Ballard	26-06.00	ND	2	
--	StaretsFoote, Lexi	South Whidbey	25-08.50	ND	1	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women Shot Put Varsity**

--	Cave, Melody	Friday Harbor		ND	1
--	Jeffcoat, Brooklyn	Northwest	20-05.75	ND	1
--	Dempsey, Killeen	Bothell	28-11.00	ND	3
--	Taylor, Karlee	Ingraham	23-05.00	SCR	
--	Aleo, Elizabeth	Lakewood	22-09.50	SCR	
--	Clawson, Riley	Nooksack Valley	22-11.00	SCR	
--	Davis, McKenzie	Mountlake Terrace	30-11.00	SCR	
--	Tercero, Vanessa	Christian Faith	25-00.00	SCR	
--	Hem, Madison	Nooksack Valley	23-07.00	SCR	
--	Ovbiebo, Nede	Christian Faith	18-04.00	SCR	
--	Pratt, Mya	South Whidbey	19-11.00	SCR	
--	Graham, Sophia	Christian Faith		SCR	
--	Rainville, Madison	Lynnwood	22-01.00	SCR	
--	Smith, Hannah	Christian Faith	22-06.25	SCR	
--	Campbell, Caitlin	Lynnwood	20-03.00	SCR	

Women Discus Throw Varsity

Name	Year	School	Seed	Finals	H#	Points	
1		Koonce, Tara	Kamiak	111-02	123-05	3	10
2		Board, Brenna	Henry Jackson	113-01	121-11	3	8
3		Robison, Lydia	Henry Jackson	124-00	119-09	3	6
4		Lino, Kiana	Shorecrest	111-08	117-06	3	5
5		Rothenbuhler, Daws	Sehome	90-07	110-08	2	4
6		Mack, Brigid	Anacortes	106-02	110-03	3	3
7		Schander, Anna	Stanwood	105-08	100-09	3	2
8		Koltonowska, Marys	Kamiak	99-10	97-09	3	1
9		Thistle, Jazmyne	Cascade (Everett)	102-02	96-09	3	
10		Hammond, Bailey	Lakewood	85-06	95-05	2	
11		Peterson, Emilia	Henry Jackson	89-10	92-07	2	
12		Martin, Maddie	Nooksack Valley	93-09	89-07	2	
13		Welch, Amehra	Shorecrest	87-11	89-04	2	
14		Johnson, Olivia	Bellingham	95-07	88-10	3	
15		Garfias, Melany	Bellingham	99-05	88-08	3	
16		Pratt, Mya	South Whidbey	87-02	85-04	2	
17		Sherry, Timony	Shorewood	86-00	85-03	2	
18		Jackson, Mya	Blaine	74-08	84-05	2	
19		Brown, Mikaehla	Cedar Park C	94-04	82-10	2	
20		Shoji, Nathalie	Ingraham	63-01	76-00	1	
21		Coleman, Raynee	Sehome	74-04	75-09	2	
22		Shaw, Elyssa	Henry Jackson	87-00.50	68-11	2	
23		Villanueva, Emily	Bothell	66-03	68-07	1	
24		Givens, Eliyah	Eastside Catholic	53-09	67-11	1	
25		Rider, Rebekah	Concrete	67-02	65-05	1	
26		Oster, Joanna	University Prep	66-07.50	65-02	1	
27		Clegg, Roxanne	North Mason	71-06	64-09	1	
28		Hillestad, Olivia	Cedarcrest	68-08	64-03	1	
29		Njie, Isatou	Mariner	60-08	64-01	1	
30		Rainville, Madison	Lynnwood	58-11	59-06	1	
--		Jeffcoat, Brooklyn	Northwest	55-05	ND	1	
--		Cave, Melody	Friday Harbor		ND	1	
--		Ovbiebo, Nede	Christian Faith	33-06	SCR		
--		Lee, Re	Christian Faith		SCR		
--		Graham, Sophia	Christian Faith		SCR		

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women Discus Throw Varsity**

--	Woods, Stephanie	Lakewood	72-06.50	SCR
--	Durbin, Carli	North Mason	70-02	SCR
--	Loran, Natalie	Ingraham		SCR
--	Tupuola, Kaelyn	Lakewood	74-02.50	SCR
--	Jones, Lili	Stanwood	74-08	SCR
--	Davis, McKenzie	Mountlake Terrace	90-07	SCR
--	StaretsFoote, Lexi	South Whidbey	73-10	SCR
--	Noriega Arroyo, Ca	Shorewood	83-06	SCR
--	Ma, Anita	Henry Jackson	86-03.50	SCR
--	Vanberg, Emily	Henry Jackson	78-07	SCR
--	Compton, Jenna	Nooksack Valley	81-10	SCR
--	Cambronero, Sara Y	Lynnwood	51-11	SCR
--	Taylor, Karlee	Ingraham	53-09.50	SCR
--	Campbell, Caitlin	Lynnwood	45-10	SCR
--	Smith, Hannah	Christian Faith	49-06	SCR
--	Tercero, Vanessa	Christian Faith	60-08	SCR
--	Clawson, Riley	Nooksack Valley	65-05	SCR
--	Stearley, Helen	Lynnwood	57-05	SCR
--	Moses, Hallie	Stanwood	59-11	SCR

Women Javelin Throw Varsity

=====						
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Holmer, Natalie	North Creek	147-04	133-02	3	10
2	Censale, Paige	Squalicum	110-07	115-00	3	8
3	Lino, Kiana	Shorecrest	115-08	104-01	3	6
4	Robison, Lydia	Henry Jackson	110-07	100-03	3	5
5	Reyes, Victoria	Shorecrest	103-00	97-03	3	4
6	Durbin, Carli	North Mason	103-08	96-00	3	3
7	Hem, Madison	Nooksack Valley	92-00	95-09	2	2
8	Brown, Mikaehla	Cedar Park C	105-10	94-09	3	1
9	Camacho, DJ	Mount Baker	86-08	92-03	2	
10	Board, Brenna	Henry Jackson	102-03	89-11	3	
11	Rodenbaugh, Jennif	Granite Falls	97-05	86-03	3	
12	Lyford, Amanda	Stanwood	84-00	85-10	2	
13	Villanueva, Emily	Bothell	73-05	84-11	1	
14	Moffet, Issa	Mountlake Terrace	80-08	84-06	2	
15	Hots, Lydia	Lakewood	89-04	83-07	2	
16	Luoto, Julia	Cedarcrest	70-08	81-03	1	
17	Fowler, Felicity	North Mason	94-08	79-09	2	
18	Vanberg, Emily	Henry Jackson	95-09	78-04	3	
19	VanSickle, Emma	Eastside Catholic	55-04	73-03	1	
20	Ney, Carly	Mt Vernon	68-02	72-03	1	
20	Ma, Anita	Henry Jackson	95-02	72-03	2	
22	Koltonowska, Marys	Kamiak	77-08	66-08	2	
23	Rodriguez, Rebeca	Shorewood	78-06	60-08	2	
24	Fredrickson, Emily	Grace Academy	54-00	58-00	1	
25	Burke-Manwaring, M	Bellingham	77-01	53-08	1	
26	Oster, Joanna	University Prep	57-10	52-11	1	
27	Gituma, Irene	Mariner		50-00	1	
--	Drye, Maddy	South Whidbey	84-09	ND	2	
--	Hill, Sophia	Lynnwood	76-06	ND	1	
--	Cave, Melody	Friday Harbor		ND	1	
--	Tercero, Vanessa	Christian Faith	74-08	SCR		

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Women Javelin Throw Varsity**

--	DeCoteau, Sofia	North Creek	84-11	SCR
--	McPhail, Gracie	Blaine	73-04	SCR
--	Greenman, Kalei	Lakewood	79-02	SCR
--	Woods, Stephanie	Lakewood	80-08	SCR
--	Sherry, Keegan	Shorewood	72-00	SCR
--	Schander, Anna	Stanwood	72-10	SCR
--	Watson, Madison	Shorewood	63-06	SCR
--	Compton, Jenna	Nooksack Valley	111-09	SCR
--	Ream, Kaitlyn	Christian Faith	136-11	SCR
--	Hallberg, Brynn	Blaine	100-07	SCR
--	Lee, Re	Christian Faith		SCR
--	Ovbiebo, Nede	Christian Faith	41-08	SCR
--	Geiser, Janay	Friday Harbor		SCR
--	Smith, Hannah	Christian Faith	56-10	SCR
--	Fuller, Grace	Nooksack Valley	58-02	SCR
--	Graham, Sophia	Christian Faith	47-01	SCR

Men 100 Meter Dash Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Penson-McCoy, Jesa	Frank Hurt	11.13	11.29	7	10
2	Harris, Michai	Lakewood	11.42	11.30	6	8
3	Coutts, Owen	Ballard	11.33	11.35	7	6
4	Ridenhour, Zachary	Shorecrest	11.39	11.46	6	5
5	Sepulveda, Lukas	Stanwood	11.28	11.54	7	4
6	Vandergugten, Ian	Credo Christian	11.59	11.55	5	3
7	Musoke, Daudi	Kamiak	11.28	11.66	7	2
8	Nelson, Maxwell	Cascade (Everett)	11.65	11.71	5	0.50 11.701
8	Sanchez, Jose	Mt Vernon	11.70	11.71	5	0.50 11.701
10	Wanjiru, Sebastian	Mariner	11.25	11.72	7	
11	Morrison, Riley	Bothell	11.66	11.74	5	
12	Nguyen, Alex	Lynnwood	11.19	11.75	7	
13	Phillips, Myles	Bothell	11.55	11.76	6	11.753
14	Taylor, Chris	Shorewood	11.53	11.76	6	11.756
15	Lee, Spencer	Bellingham	11.75	11.78	4	11.772
16	Johnson, Ethan	Bellingham	11.70	11.78	5	11.776
17	Lewis, Bryce	Eastside Catholic	11.54	11.79	6	
18	Lachance III, Robe	Ballard	11.62	11.80	5	11.795
19	Bouh, Edwin	Mariner	11.55	11.80	6	11.799
19	Ellis, Cole	Mt Vernon	11.58	11.80	6	11.799
21	Breuer, Dylan	Mountlake Terrace	11.54	11.92	6	
22	Whitney, Bryce	Seattle Prep	11.71	11.93	4	11.925
23	Armour, Cade	Samuel Rober		11.93	1	11.927
24	Tu, Preston	Shorewood	11.65	11.98	5	
25	Weiner, Ben	Northwest	11.67	12.03	5	12.026
26	Henderson, Tavion	Lakewood	11.79	12.03	4	12.029
27	Pittis, Moses	Anacortes	12.06	12.08	3	
28	Spear, Caden	South Whidbey	11.75	12.10	4	
29	Morgan, Adrian	Lynnwood	11.74	12.14	4	
30	Roberts, Dylan	Sehome	11.76	12.15	4	
31	Nicholas, Rodrick	Ingraham	12.28	12.17	3	
32	Thomas, Ethan	Cedar Park C	11.98	12.22	3	
33	Assink, Lucas	Lynden Christian	12.17	12.28	3	
34	Simmons, Matthew	South Whidbey	11.94	12.30	3	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 100 Meter Dash Varsity**

35	Jackson, Makari	University Prep	12.64	12.41	2
36	Criss, Larry	Blaine	11.90	12.55	3
37	Winters, Dane	Nooksack Valley	12.59	12.61	2
38	Arreola, Anthoney	North Mason	11.85	12.73	4
39	Johnson, Davonte	Mount Baker	12.37	12.79	2
40	Amble, Luke	Cedarcrest	12.57	12.86	2
41	Stevens, Jace	Granite Falls	12.89	13.01	1
42	Bailey, Keegan	Friday Harbor	12.64	13.12	2
43	O'Neil, Hayden	Concrete	12.54	13.28	2
44	Asakura, Spencer	Sehome	15.00	15.64	1
45	Caro, Ben	Blaine	44.17	1:11.65	1
--	Emley-Graham, Jack	Maple Ridge	12.36	DNS	2
--	Weitkamp, David	Lynnwood	11.34	DNS	7
--	Nguyen, Eddy	Sammamish	12.74	DNS	2
--	McDonald, Jackson	O'Dea	11.92	DNS	3
--	Morales, Elijah	Shorecrest	11.84	DNS	4
--	Alexander, Kendin	Seattle Prep	11.38	DNS	7
--	Sanders, Caleb	Grace Academy	12.28	DNS	3
--	Wynne, Austin	Friday Harbor	12.84	SCR	
--	Geiser, Emeron	Friday Harbor	13.25	SCR	
--	Ritchie, Kaden	Friday Harbor	12.84	SCR	
--	Kimani, Jaylen	Christian Faith	12.91	SCR	
--	Singh, Karan	Mariner	12.86	SCR	
--	Silva, Jordan	Nooksack Valley	13.04	SCR	
--	Muturi, Ian	Christian Faith		SCR	
--	Kimani, Deshawn	Christian Faith		SCR	
--	Bartel, Charlie	Concrete	15.11	SCR	
--	Smith, Carter	Pitt Meadows		SCR	
--	Mattox, Max	Friday Harbor		SCR	
--	Walker, Mitchell	Christian Faith	13.44	SCR	
--	Lankhaar, Matthew	Nooksack Valley	13.54	SCR	
--	Coleman, Alex	Ingraham	13.25	SCR	
--	Piper, Robbie	Northwest	14.29	SCR	
--	Franson, Jacob	Nooksack Valley	13.74	SCR	
--	Nava-Lendeche, Jer	Ingraham	12.39	SCR	
--	Holden, Garrett	Henry Jackson	12.41	SCR	
--	Morfin, Diandre	Ingraham	12.24	SCR	
--	Luc, Vuong	Mariner	12.45	SCR	
--	Hooper, Gavin	Henry Jackson	12.45	SCR	
--	Purl, Michael	Cascade (Everett)	11.94	SCR	
--	Miles, Noah	O'Dea	12.02	SCR	
--	Jacoby, Sam	Shorecrest	11.71	SCR	
--	Pearson, Nash	Ingraham	12.15	SCR	
--	Asuncion, Koji	Henry Jackson	12.04	SCR	
--	Porter, Zach	Cedarcrest	12.61	SCR	
--	Haworth, Joseph	Blaine	12.66	SCR	
--	Manalang, Jarrett	Henry Jackson	12.60	SCR	
--	Baker, Tristan	Christian Faith	12.78	SCR	
--	Wally, Un	Mariner	12.66	SCR	
--	Yasui, Blake	Ingraham	12.50	SCR	
--	Archide, Andrew	Lynnwood	12.49	SCR	
--	Baldwin, Scott	Blaine	12.60	SCR	
--	Vongphet, Anouthai	Cascade (Everett)	12.54	SCR	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****Men 200 Meter Dash Varsity**

Name	Year	School	Seed	Finals	H#	Points
1		Penison-McCoy, Jesa	Frank Hurt	22.33	22.62	5 10
2		Coutts, Owen	Ballard	22.70	23.09	5 8
3		Smith, Anthony	Eastside Catholic	22.54	23.27	5 6
4		Harris, Michai	Lakewood	23.40	23.46	5 5
5		Sepulveda, Lukas	Stanwood	22.98	23.58	5 4
6		Mulat-Davis, Dawit	O'Dea	23.66	23.86	4 3
7		Musoke, Daudi	Kamiak	23.19	23.91	5 2
8		Salvione, Anthony	Shorewood	23.59	24.01	4 1
9		Lachance III, Robe	Ballard	23.82	24.07	4
10		Weiner, Ben	Northwest	23.70	24.19	4
11		Nguyen, Alex	Lynnwood	23.02	24.23	5 24.222
12		Henderson, Tavion	Lakewood	24.18	24.23	3 24.229
13		Wanjiru, Sebastian	Mariner	22.66	24.24	5
14		Ellis, Cole	Mt Vernon	23.84	24.28	4
15		Whitney, Bryce	Seattle Prep	24.49	24.36	2
16		Bruland, Landon	Nooksack Valley	24.40	24.45	2
17		Ridenhour, Zachary	Shorecrest	23.94	24.48	3
18		Chapman, Carl Henr	South Whidbey	24.41	24.51	1
19		Crocker, Casey	Sehome	24.36	24.52	3
20		Spear, Caden	South Whidbey	24.25	24.61	3
21		Pepper, Trazz	Mountlake Terrace	23.76	24.65	4
22		Pittis, Moses	Anacortes	24.05	24.66	3
23		Armour, Cade	Samuel Rober		24.77	1
24		Assink, Lucas	Lynden Christian	24.37	24.94	3
25		Thomas, Ethan	Cedar Park C	24.67	25.16	2
26		Ortega, Keanu	Cascade (Everett)	25.31	25.62	2
27		Nicholas, Rodrick	Ingraham	25.12	25.76	2
28		Pearson, Nicholas	Blaine	25.91	25.82	1
29		Jakubek, Alex	Cedarcrest	26.15	26.58	1
30		Schaefer, Ryan	Friday Harbor	27.74	27.66	1
31		Asakura, Spencer	Sehome	33.00	33.96	1
--		Olguin, Damian	Ferndale	24.78	DNS	2
--		Thudi, Anvith	Maple Ridge	26.10	DNS	1
--		Kirchner, Yeager	Sammamish	26.14	DNS	1
--		Gese, Ryan	Granite Falls	25.01	DNS	2
--		Arreola, Anthoney	North Mason	24.43	DNS	2
--		Roberts, Dylan	Sehome	24.06	DNS	3
--		Lee, Spencer	Bellingham	23.96	DNS	3
--		Phillips, Myles	Bothell	23.68	DNS	4
--		Lewis, Bryce	Eastside Catholic	23.41	DNS	4
--		Conner, Aidan	Nooksack Valley	27.16	SCR	
--		Singh, Karan	Mariner	26.84	SCR	
--		Coleman, Alex	Ingraham	27.11	SCR	
--		Felix, Beau	Ferndale	27.06	SCR	
--		Baker, Tristan	Christian Faith	26.39	SCR	
--		Ochoa, Alex	Blaine	26.43	SCR	
--		Purl, Michael	Cascade (Everett)	23.74	SCR	
--		Bang, Eric	Mariner	26.83	SCR	
--		Luc, Vuong	Mariner	26.81	SCR	
--		Muturi, Ian	Christian Faith		SCR	
--		Kimani, Deshawn	Christian Faith		SCR	
--		Piper, Robbie	Northwest	28.89	SCR	
--		Smith, Carter	Pitt Meadows		SCR	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 200 Meter Dash Varsity**

--	Williams, Aaron	Centennial	23.10	SCR
--	Mattox, Max	Friday Harbor		SCR
--	Asuncion, Koji	Henry Jackson	23.44	SCR
--	Chiliqinga Caza,	Nooksack Valley	27.78	SCR
--	Walker, Mitchell	Christian Faith	27.40	SCR
--	Lopez, Jose	Nooksack Valley	28.61	SCR
--	Whittern, Scout	Nooksack Valley	28.24	SCR
--	Nelson, Kaelin	Lakewood	24.28	SCR
--	Hoopar, Gavin	Henry Jackson	25.14	SCR
--	Pearson, Nash	Ingraham	25.05	SCR
--	Becker, Cole	Shorewood	25.24	SCR
--	Merz, Connor	Seattle Prep	25.38	SCR
--	Prout, Elijah	Stanwood	25.14	SCR
--	Morfin, Diandre	Ingraham	24.51	SCR
--	Holden, Garrett	Henry Jackson	24.79	SCR
--	Stoecker, Logan	Shorecrest	24.54	SCR
--	Hudson, Donnavan	Mariner	24.82	SCR
--	Morgan, Adrian	Lynnwood	24.80	SCR
--	Velling, Jack	Seattle Prep	25.96	SCR
--	Kimani, Jaylen	Christian Faith	25.99	SCR
--	Ashford, William	Ingraham	25.77	SCR
--	Wally, Un	Mariner	26.11	SCR
--	Kubalanza, Darius	Bothell	23.88	SCR
--	San Nicholas, Tyle	Stanwood	25.50	SCR
--	Manalang, Jarrett	Henry Jackson	25.53	SCR
--	Freitas, Brayden	Shorewood	25.44	SCR
--	Carroll, Kadin	Lynnwood	25.62	SCR
--	Pineda, Cads	Mt Vernon	25.53	SCR

Men 400 Meter Dash Varsity

=====						
Name	Year	School	Seed	Finals	H#	Points
=====						
1		Allen, Felix	R.E. Mountain	51.58	51.30	5 10
2		Smith, Anthony	Eastside Catholic	52.71	51.69	5 8
3		Mulat-Davis, Dawit	O'Dea	52.71	51.81	5 6
4		Locknane, Mason	Bothell	52.52	52.53	5 5
5		Nouwens, Cole	Shorewood	53.38	52.77	5 4
6		Lowe, Garrett	Bothell	52.55	53.16	5 3
7		Fleming, Spencer	Lakewood	54.89	53.22	4 2
8		Simmons, Matthew	South Whidbey	53.86	53.41	5 1
9		Mueller, Morgan	Shorewood	54.07	53.73	4
10		Endashaw, Thomas	O'Dea	55.05	53.84	4
11		Gonzalez, Jordan	Lakewood	55.70	53.89	3
12		White, Max	Cascade (Everett)	54.70	54.28	4
13		Colligan, Chilson	Ballard	53.88	54.36	4
14		Kristiansen, Clayt	Cedarcrest	55.23	54.41	4
15		Salvione, Anthony	Shorewood	53.88	54.63	4
16		Hayden, Harrison	Mariner	53.83	54.75	5
17		Kenaston, Fletcher	Mountlake Terrace	56.01	55.04	3
18		Dresbeck, Raef	Ingraham	55.70	55.21	3
19		Smith, Isaac	Shorecrest	55.34	55.47	4
20		Koltonowski, Roman	Kamiak	55.98	55.86	3
21		Van Veen, Wout	Stanwood	56.38	55.94	2
22		Velling, Jack	Seattle Prep	56.74	56.16	2 56.155

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 400 Meter Dash Varsity**

23	Assink, Lucas	Lynden Christian	55.80	56.16	3	56.157
24	Blaine, Owen	Northwest	57.77	56.32	2	
25	Crump, Malachi	Blaine	55.80	56.42	3	
26	Cavalier, Morgan	Bellingham	57.10	56.48	2	
27	Chase, Cameron	Bellingham	57.25	56.58	2	
28	Alvarez, Steven	Mt Vernon	57.77	58.23	2	
29	Pittis, Joshua	Anacortes	57.94	58.48	2	
30	Jackson, Makari	University Prep	59.96	58.93	1	
31	Waite, Luke	Friday Harbor	1:01.24	59.14	1	
32	Foley, Elias	Cedar Park C	58.72	1:00.09	1	
33	Asakura, Spencer	Sehome	1:14.00	1:16.57	1	
--	Gese, Ryan	Granite Falls	58.46	DNS	1	
--	Emley-Graham, Jack	Maple Ridge	58.22	DNS	1	
--	Sturdevant, Landon	Ferndale	56.00	DNS	3	
--	Nguyen, Eddy	Sammamish	57.00	DNS	2	
--	Crocker, Casey	Sehome	56.26	DNS	3	
--	Farmer, Jaden	Granite Falls	58.85	SCR		
--	Kauffman, Jamie	Ingraham		SCR		
--	Baker, Tristan	Christian Faith		SCR		
--	Mattox, Max	Friday Harbor		SCR		
--	Wagner, Levi	Stanwood	59.13	SCR		
--	Bang, Eric	Mariner	1:02.43	SCR		
--	Chiliqinga Caza,	Nooksack Valley	1:03.81	SCR		
--	Felix, Beau	Ferndale	1:03.06	SCR		
--	Singh, Karan	Mariner	1:02.27	SCR		
--	Wally, Un	Mariner	1:01.53	SCR		
--	Conner, Aidan	Nooksack Valley	1:06.33	SCR		
--	Freitas, Brayden	Shorewood	56.94	SCR		
--	Dever, Eli	Seattle Prep	56.74	SCR		
--	Perry, Joshua	Henry Jackson	57.10	SCR		
--	Hader, Joseph	Stanwood	57.09	SCR		
--	Williams, Aaron	Centennial	52.53	SCR		
--	Asuncion, Koji	Henry Jackson	51.50	SCR		
--	Bruland, Landon	Nooksack Valley	54.88	SCR		
--	Merz, Connor	Seattle Prep	58.21	SCR		
--	Rainer, Mason	Nooksack Valley	58.20	SCR		
--	Hudson, Donnavan	Mariner	58.31	SCR		
--	Asay, Spencer	Henry Jackson	58.00	SCR		
--	Huynh, Devin	Cascade (Everett)	57.27	SCR		
--	De La Rosa, Alexan	Ingraham	58.01	SCR		

Men 800 Meter Run Varsity

Name	Year	School	Seed	Finals	H#	Points
1		Hayes, Cooper	Bothell	1:58.00	2:00.10	3 10
2		Smidt, Arie	University Prep	2:02.15	2:00.87	3 8
3		Cunningham, Lucas	Sehome	2:02.80	2:01.20	3 6
4		Oakes, Evan	O'Dea	2:02.67	2:02.06	3 5
5		Khoury, Jason	Stanwood	2:01.10	2:02.08	3 4
6		Adjibly, Reed	Shorecrest	2:07.44	2:03.52	2 3
7		Gandara, Jose Luis	Shorewood	2:02.70	2:03.61	3 2
8		Orth, Charlie	Ingraham	2:03.60	2:04.19	2 1
9		Jensen, Alex	Lakewood	2:01.96	2:04.80	3
10		Farmer, Colin	O'Dea	2:04.50	2:04.85	2

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 800 Meter Run Varsity**

11	Cruz-Estrada, Domi	Mariner	2:05.85	2:05.29	2
12	Lofrese, Jaden	Mountlake Terrace	1:57.79	2:06.02	3
13	Robert, Lucas	Henry Jackson	2:00.33	2:07.45	3
14	Mueller, Stefan	Shorewood	2:10.37	2:07.49	2
15	Adams, Peter	Mount Baker	2:04.00	2:07.52	2
16	Bonnet, Yale	Seattle Prep	2:09.70	2:07.68	2
17	Thompson, Tyler	Sammamish	2:08.49	2:08.57	2
18	Greer, Ian	Kamiak	2:09.85	2:08.60	2
19	Maier, Jonah	Ballard	2:11.33	2:08.72	1
20	Bartlett, Miles	Squalicum	2:11.81	2:09.82	1
21	Bozung, Rainnier	Mt Vernon	2:11.86	2:10.27	1
22	Lagunoff, Max	University Prep	2:11.00	2:11.86	1
23	Crookshank, Ryan	North Mason	2:12.35	2:12.94	1
24	Mckenzie, Killian	Cascade (Everett)	2:12.10	2:13.21	1
25	Steele, Joshua	Nooksack Valley	2:15.00	2:13.26	1
26	Bolin, Kyle	Cedarcrest	2:11.11	2:13.33	1
27	Greenberg, Milo	Northwest	2:09.30	2:15.35	2
28	Dresbeck, Raef	Ingraham	2:11.86	2:16.99	1
29	Perry, Alex	Cedarcrest	2:12.56	2:17.03	1
30	Smith, James	Mariner	2:10.39	2:17.09	1
31	Hamilton, Isaac	Langley Secondary	2:14.00	2:18.77	1
32	Bailey, Keegan	Friday Harbor	2:22.30	2:19.51	1
33	Hazen, Jake	Cedar Park C	2:28.04	2:24.04	1
34	Hernandez, Antelmo	Granite Falls	2:29.62	2:26.15	1
35	Olinger-Stirrat, T	Blaine	2:31.54	2:31.08	1
--	Nwizugbo, David	Sammamish	2:06.96	DNS	2
--	Jedlinski, Duane	Anacortes	2:04.54	DNS	3
--	Yale, Callahan	South Whidbey	2:07.02	DNS	2
--	Hernandez III, Sam	Mariner		SCR	
--	Hubbert, Bobby	Mount Baker	2:22.76	SCR	
--	Krutiy, Vitaliy	Mariner	2:24.35	SCR	
--	Reed, Kenlaey	Mariner	2:34.43	SCR	
--	Perry, Joshua	Henry Jackson		SCR	
--	Saran, Sahizpreet	Mariner	2:34.52	SCR	
--	Chiliqinga Caza,	Nooksack Valley	2:30.58	SCR	
--	Nunez, Marque	Mariner	2:31.01	SCR	
--	Erickson, Kyle	Henry Jackson	2:14.00	SCR	
--	Charbeneau, Brende	Henry Jackson	2:13.65	SCR	
--	Snell, Bowen	Ingraham	2:14.02	SCR	
--	Sturdevant, Landon	Ferndale	2:03.36	SCR	
--	Johnson, John	Bellingham	2:06.65	SCR	
--	McDonald, Clarence	Ballard	2:12.51	SCR	
--	Carroll, Jackson	Shorewood	2:20.47	SCR	
--	Feist, Jack	Ballard	2:18.48	SCR	
--	Nelson-Sellers, Ju	Mariner	2:21.60	SCR	
--	Kauffman, Jamie	Ingraham	2:14.98	SCR	
--	Kim, Jonathan	Henry Jackson	2:14.62	SCR	
--	Wu, Tony	Northwest	2:18.00	SCR	

Men 1600 Meter Run Varsity

Name	Year	School	Seed	Finals	Points
1	Luu, Erik	Shorecrest	4:26.90	4:26.70	10
2	Banga, Amrit	Bothell	4:25.00	4:28.54	8

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 1600 Meter Run Varsity**

3	Smidt, Arie	University Prep	4:37.01	4:33.98	6
4	Cortes, Isaac	Granite Falls	4:35.62	4:34.42	5
5	Mueller, Stefan	Shorewood	4:37.70	4:35.70	4
6	Orth, Sam	Ingraham	4:35.00	4:35.89	3
7	Hansen, Jordan	Henry Jackson	4:28.70	4:36.09	2
8	Lofrese, Jaden	Mountlake Terrace	4:46.30	4:38.99	1
9	Lin, Steven	Shorewood	4:37.90	4:39.44	
10	LeBlanc, Brennan	Cedarcrest	4:41.47	4:39.92	
11	Schenck, Brandon	Bothell	4:39.02	4:40.46	
12	Kent, Moses	Seattle Prep	4:41.08	4:41.22	
13	Williams, Alex	Mountlake Terrace	4:45.20	4:47.21	
14	Meier, John	Cedarcrest	4:41.66	4:50.50	
15	Hagos, Ermias	Ballard	4:50.11	4:50.68	
16	Bentley, John	Seattle Prep	4:54.79	4:51.49	
17	Schmotzer, Caleb	Bellingham	4:50.00	4:53.28	
18	Brodeur, Joe	Squalicum	4:53.20	4:53.82	
19	Hanrahan, Logan	Anacortes	4:43.53	4:53.94	
20	Johnson, John	Bellingham	5:00.89	4:54.21	
21	Immendorf, Charles	Henry Jackson	4:47.70	4:54.24	
22	Bozung, Rhett	Mt Vernon	4:58.00	4:56.67	
23	Holtzclaw, Conner	Henry Jackson	4:58.02	4:57.28	
24	Ramos, Joshua	Henry Jackson	4:42.40	4:58.33	
25	Shin, Nathaniel	Henry Jackson	4:42.99	5:02.31	
26	Erickson, Kyle	Henry Jackson	4:53.40	5:02.84	
27	Barletta, Mario	Lakewood	5:02.66	5:03.27	
28	Wilson, Abe	O'Dea	5:06.70	5:07.85	
29	Weller, Chorin	Cascade (Everett)	4:57.41	5:11.41	
30	Miranda, Raphael	Lynnwood	5:07.46	5:14.53	
31	Post, Joshua	Sammamish		5:15.46	
32	Smith, James	Mariner	4:56.37	5:15.96	
33	Youk, Richard	Kamiak	5:09.40	5:20.24	
34	McDonald, Clarence	Ballard	4:59.00	5:27.59	
35	Brokaw, Ben	Cedar Park C	5:26.19	5:36.11	
36	Mattox, Ryker	Friday Harbor	6:02.00	5:36.83	
37	McMillen, Gabriel	Northwest	5:20.00	5:46.53	
--	Dortch, Isaiah	Stanwood	5:09.00	DNS	
--	Alexander, Jacob	Sehome	4:35.26	DNS	
--	Hernandez III, Sam	Mariner	5:11.80	SCR	
--	Gauyan, Izzy	O'Dea	5:07.92	SCR	
--	Feller, Logan	Mt Vernon	5:35.43	SCR	
--	Carroll, Jackson	Shorewood	5:18.73	SCR	
--	Burke-Manwaring, H	Bellingham		SCR	
--	Stewart, Max	Ballard	5:13.14	SCR	
--	Krutiy, Vitaliy	Mariner	5:16.30	SCR	
--	Feist, Jack	Ballard	5:03.13	SCR	
--	Skoog, Joseph	Henry Jackson	4:29.97	SCR	
--	Maier, Jonah	Ballard	5:04.02	SCR	
--	Gargano, Max	Sehome	4:51.53	SCR	
--	Binder, Reece	Christian Faith	4:57.77	SCR	
--	Scamfer, Logan	Anacortes	4:58.97	SCR	
--	Corcoran, Owen	Mt Vernon	5:06.09	SCR	
--	Eck, Connor	Cedarcrest	5:05.48	SCR	
--	Hildreth, Evan	Bellingham	5:06.39	SCR	
--	Wasierski, Kyle	Sammamish	5:05.00	SCR	
--	Akhtar, Izhaan	Henry Jackson	5:04.30	SCR	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 1600 Meter Run Varsity**

-- Wilgis, Christian Seattle Prep 5:05.05 SCR

Men 3200 Meter Run Varsity

Name	Year	School	Seed	Finals	Points	
1		Thurman, Spencer	Shorecrest	9:29.48	9:38.29	10
2		Heagler, Ben	Shorewood	9:52.00	9:42.90	8
3		Mukai, Carp	Kamiak	9:54.00	9:44.55	6
4		Vickers, Kai	Ballard	10:12.45	9:45.57	5
5		Lennon, Dylan	Bothell	9:34.00	9:45.65	4
6		Skovron, Danny	O'Dea	10:03.20	9:52.34	3
7		Murphy, Micah	Lynnwood	10:10.00	9:56.76	2
8		Blinn, Jason	Kamiak	9:58.00	9:57.28	1
9		Hansen, Jordan	Henry Jackson	9:40.95	9:57.76	
10		Mackie, Jeremiah	Earl Marriott	9:56.00	9:58.72	
11		Hasselblad, Noah	North Mason	10:24.56	10:02.45	
12		Hauck, Quinn	Ingraham	10:14.14	10:02.59	
13		Souza-Ponce, Eric	Ballard	10:14.34	10:02.69	
14		Taylor, Mason	Mt Vernon	10:30.00	10:02.77	
15		Skovron, Joe	O'Dea	10:10.00	10:06.53	
16		Williams, Alex	Mountlake Terrace	10:22.30	10:12.25	
17		Behan, Hale	Sammamish	10:10.50	10:13.40	
18		Kleyn, Lucas	Shorewood	10:29.20	10:14.45	
19		Grossman, Shane	Henry Jackson	10:14.22	10:15.97	
20		Immendorf, Charles	Henry Jackson	10:40.63	10:22.88	
21		Shin, Nathaniel	Henry Jackson	10:15.43	10:27.96	
22		Nelson, Owen	Seattle Prep	10:51.99	10:28.82	
23		Moulton, Ivan	Mountlake Terrace	10:43.80	10:32.15	
24		Endresen, Gabe	Henry Jackson	10:55.86	10:33.17	
25		Watson, Caleb	Ballard	10:38.69	10:34.41	
26		Ramos, Joshua	Henry Jackson	10:17.49	10:36.57	
27		Minahan, Keegan	Northwest	10:40.00	10:38.37	
28		Lehmann, Parker	Sa-Hali	10:40.00	10:38.84	
29		Lindhe-Johan, Aida	Ingraham	11:03.87	10:40.54	
30		Koledin, Jovan	Ballard	10:51.95	10:44.73	
31		Griffin, Luke	Stanwood	10:30.00	10:55.28	
32		Riley, Eric	Nooksack Valley	10:50.61	10:56.80	
33		Wildman, Patrick	Anacortes	10:49.81	10:58.45	
34		Mattox, Ryker	Friday Harbor	14:01.00	12:13.35	
--		Skoog, Joseph	Henry Jackson	9:32.79	DNS	
--		Gargano, Max	Sehome	10:26.72	DNS	
--		Hazen, Jake	Cedar Park C	12:07.74	SCR	
--		Mentel, Joey	Mt Vernon	12:27.27	SCR	
--		Bushnell, Josiah	Ferndale	11:36.97	SCR	
--		Cowan, Sean	Mt Vernon	12:05.59	SCR	
--		Eck, Connor	Cedarcrest		SCR	
--		Beam, Josh	Mountlake Terrace		SCR	
--		Weed, Merek	Northwest	12:40.00	SCR	
--		Killalea, Hugh	Seattle Prep	11:05.09	SCR	
--		Trull, Isaac	Shorewood	11:01.39	SCR	
--		Binder, Reece	Christian Faith	11:09.10	SCR	
--		Hatch, Gabe	Lakewood	10:43.03	SCR	
--		Bubernak, Sean	Henry Jackson	10:19.24	SCR	
--		King, Hayden	Ballard	11:18.81	SCR	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 3200 Meter Run Varsity**

--	Twedt, Brady	Henry Jackson	11:19.74	SCR
--	Akers, Montgomery	Henry Jackson	11:11.30	SCR
--	Polakoff, Jarod	Northwest	11:15.00	SCR

Men 110 Meter Hurdles Varsity

Name	Year	School	Seed	Finals	H#	Points
1		Birchman, Jonathan	Shorewood	15.12	15.11	4 10
2		Aboudou, Amdane	Shorecrest	15.68	16.01	4 8
3		Charlton, Jack	North Creek	15.78	16.36	4 6
4		Hamstra, Shane	Lynden Christian	15.84	16.48	4 5
5		Bangsberg, Matthew	Shorewood	16.45	16.54	3 4
6		Hezel, Bodie	South Whidbey	16.25	16.74	4 3
7		Nelson, Kole	South Whidbey	16.39	16.91	4 2
8		Toyo, Amado	Shorecrest	16.91	16.96	3 1
9		Milner, Jackson	Bothell	16.07	17.02	4
10		Harmon, Zach	Henry Jackson	17.53	17.77	3
11		Vo, Richard	Lynnwood	17.67	17.83	3
12		Durocher, Zack	Kamiak	17.44	17.88	3
13		Fox, Colton	Ferndale	17.82	18.11	3
14		Paez, Phillip	Mount Baker	18.63	18.47	2
15		Bondarenko, Roman	Mariner	17.30	18.52	3
16		Miyake, Jeremy	Ballard	18.46	18.65	2
17		Lee, Tayler	Blaine	18.41	18.93	2
18		Hughes, Isaiah	Stanwood	19.19	19.75	2
19		Grabicki, Nicholas	North Mason	19.90	20.53	2
20		Ing, Preseton	Stanwood	20.92	20.73	1
21		Muchirawehondo, Ra	Sehome	20.54	20.80	1
22		Ju, Jeffrey	Northwest	19.25	21.34	2
23		Nguyen, Henry	Cascade (Everett)	24.00	23.54	1
--		Dixon, Kristopher	South Whidbey	16.17	DNS	4
--		Machula, Derek	Blaine	20.14	DNS	2
--		Otteson, Axel	Ingraham	19.05	DNS	2
--		Nguyen, Tobias	Mariner	18.37	DNS	3
--		Anderson, Kynan	Henry Jackson	19.15	SCR	
--		Francis, Cole	Shorecrest	18.79	SCR	
--		Macphee, Nick	Sehome	19.50	SCR	

Men 300 Meter Hurdles Varsity

Name	Year	School	Seed	Finals	H#	Points
1		Nelson, Maxwell	Cascade (Everett)	40.89	40.33	4 10
2		Birchman, Jonathan	Shorewood	41.38	40.41	4 8
3		Bangsberg, Matthew	Shorewood	43.68	42.09	3 6
4		Aboudou, Amdane	Shorecrest	41.44	42.56	4 5
5		Hendrickson, Aarun	O'Dea	43.45	42.58	3 4
6		Hezel, Bodie	South Whidbey	42.64	43.59	4 3
7		Milner, Jackson	Bothell	43.24	43.87	4 2
8		Fox, Colton	Ferndale	43.13	43.96	4 1
9		Yabuki, Souma	Ingraham		44.06	1
10		Toyo, Amado	Shorecrest	45.69	44.63	3
11		Hamstra, Shane	Lynden Christian	42.70	44.92	4
12		Taylor, Darayl	Mt Vernon	44.11	44.94	3

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 300 Meter Hurdles Varsity**

13	Louder, Adam	Henry Jackson	46.27	45.44	2
14	Le, Janthon	Mountlake Terrace		47.32	1
15	Muchirawehondo, Ra	Sehome	47.71	47.42	2
16	Vo, Richard	Lynnwood	46.86	47.50	2
17	Nelson, Kole	South Whidbey	45.98	47.60	2
18	Lopez, Jonathan	Cascade (Everett)	45.64	47.86	3
19	Harmon, Zach	Henry Jackson	45.58	48.28	3
20	Hughes, Isaiah	Stanwood	47.84	48.41	1
21	Meikle, Aidan	Cedarcrest	48.46	48.76	1
22	Lee, Tayler	Blaine	47.67	49.64	2
23	Grabicki, Nicholas	North Mason	50.58	51.18	1
24	Meyerzon, Simon	Sammamish	53.00	51.78	1
25	Johnson, Gabriel	Bothell	45.70	52.83	3
--	Kelly-Briggs, IB	Cedar Park C	46.35	DNF	2
--	Bondarenko, Roman	Mariner	43.50	DNS	3
--	Nguyen, Tobias	Mariner	47.30	DNS	2
--	Dixon, Kristopher	South Whidbey	42.44	DNS	4
--	Durocher, Zack	Kamiak	47.10	DNS	2
--	Das, Ayush	Henry Jackson	53.78	SCR	
--	Flynn, Christian	Henry Jackson	53.35	SCR	
--	Lankhaar, Matthew	Nooksack Valley	54.68	SCR	
--	Nguyen, Tai	Mariner	54.27	SCR	
--	Ing, Preseton	Stanwood	48.48	SCR	
--	Hall, Jacob	Cedarcrest	49.56	SCR	
--	Macphee, Nick	Sehome	47.17	SCR	
--	Felix, Beau	Ferndale	50.98	SCR	
--	George, Dakota	Blaine	50.72	SCR	

Men 2000 Meter Steeplechase Varsity

Name	Year	School	Seed	Finals	Points	
1		Cepowski, Michael	South Whidbey	6:49.00	6:35.72	10
2		Grossman, Shane	Henry Jackson		6:35.98	8
3		Levy, Sam	Ingraham		6:41.88	6
4		Hanrahan, Logan	Anacortes	6:30.00	6:46.43	5
5		Stancik, Zach	Kamiak		6:56.67	4
6		Yu, Kyle	Kamiak		6:58.71	3
7		Zundel, Cameron	Bothell		7:03.33	2
8		Erickson, Kyle	Henry Jackson		7:06.30	1
9		Beam, Josh	Mountlake Terrace		7:11.27	
10		Thompson, Tyler	Sammamish	6:20.00	7:11.96	
11		Smith, James	Mariner		7:24.39	
12		Clabaugh, Logan	Nooksack Valley	7:30.00	7:30.87	
13		Potter, Jacob	Lynnwood		7:47.21	
14		Krutiy, Vitaliy	Mariner		7:49.51	
15		Bailey, Keegan	Friday Harbor		7:50.57	
16		Meisner, Matthew	Mariner		8:01.12	
17		Manzano, Marc	Henry Jackson		8:02.58	
18		Leen, Trevor	Mountlake Terrace		8:09.68	
19		Mattox, Ryker	Friday Harbor		8:09.77	
20		Nunez, Marque	Mariner		8:14.17	
21		Kelley, William	Cedar Park C	8:13.82	8:24.31	
22		Wynne, Austin	Friday Harbor		8:56.03	
--		Yale, Callahan	South Whidbey		DNS	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 2000 Meter Steeplechase Varsity**

-- Greenberg, Milo Northwest DNS

Men 4x100 Meter Relay Varsity

School	Seed	Finals	H#	Points
1 Bothell 'A'	44.70	44.72	3	10
1) Lind, Caleb	2) Kubalanza, Darius			
3) Morrison, Riley	4) Phillips, Myles			
2 Mariner 'A'	44.24	45.06	3	8
1) Bouh, Edwin	2) Hayden, Harrison			
3) Wanjiru, Sebastian	4) Hudson, Donnavan			
3 Ballard 'A'	45.50	45.15	2	6
1) Hauser, Jarman	2) Colleran, Oliver			
3) Lachance III, Robert	4) Coutts, Owen			
4 Shorewood 'A'	44.00	45.31	3	5
1) Tanaka, Curt	2) Tu, Preston			
3) Becker, Cole	4) Taylor, Chris			
5 Lynnwood 'A'	45.44	45.49	2	4
1) Morgan, Adrian	2) Weitkamp, David			
3) Nguyen, Alex	4) Soumpholphakdy, Pavin			
6 South Whidbey 'A'	44.28	45.56	3	3
1) Gonzales, Issiah	2) Simmons, Matthew			
3) Chapman, Carl Henri	4) Spear, Caden			
7 Seattle Prep 'A'	45.66	45.68	2	2
1) Whitney, Bryce	2) Dever, Eli			
3) Alexander, Kendin	4) Laigo, Gabe			
8 Shorecrest 'A'	45.00	45.94	3	1
1) Jacoby, Sam	2) Ridenhour, Zachary			
3) Seliga, Sammy	4) McDaniel, Shahid			
9 Sehome 'A'	45.86	46.84	2	
1) Murphy, Quinn	2) Gladman, Dylan			
3) Crocker, Casey	4) Roberts, Dylan			
10 Henry Jackson 'A'	46.38	46.93	2	
1) Hooper, Gavin	2) Manalang, Jarrett			
3) Collado, Brandon	4) Louder, Adam			
11 Kamiak 'A'	47.00	47.09	2	
1) Musoke, Daudi	2) LeBlanc, Justin			
3) Durocher, Zack	4) Hruschka, Grant			
12 Stanwood 'A'	47.12	47.74	1	
1) Ortega, Isaac	2) Sepulveda, Lukas			
3) San Nicholas, Tyler	4) Prout, Elijah			
13 Cedar Park Chr. (Bothell) 'A'	47.00	48.17	1	
1) Rickman, Daniel	2) Foley, Elias			
3) Wilkins, Zach	4) Thomas, Ethan			
14 Nooksack Valley 'A'	48.47	48.41	1	
1) Silva, Jordan	2) Lopez, Jose			
3) Rainer, Mason	4) Winters, Dane			
15 Friday Harbor 'A'	50.54	49.19	1	
1) Bailey, Keegan	2) Leeming, Will			
3) Mattox, Max	4) Geiser, Emeron			
16 Blaine 'B'		49.89	1	
17 North Mason 'A'	45.38	49.90	3	
1) Anderson, Jacob	2) Ramsey, Christopher			
3) Arreola, Anthoney	4) Smelcer, Reese			

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 4x100 Meter Relay Varsity**

-- Mountlake Terrace 'A'	45.21	DNF	3
1) Le, Janthon	2) Breuer, Dylan		
3) Pepper, Trazz	4) Latham, Dominique		
-- Lakewood 'A'	45.01	DQ	3
1) Fleming, Spencer	2) Henderson, Tavion		
3) Gonzalez, Jordan	4) Nelson, Kaelin		
-- Cedarcrest 'A'	47.23	DQ	1
1) Amble, Luke	2) Jakubek, Alex		
3) LaTurner, Ryan	4) Kristiansen, Clayton		
-- Bellingham 'A'	45.40	DQ	2
1) Fields, Jack	2) Ninnemann, Isaac		
3) Lee, Spencer	4) Johnson, Ethan		
-- Cascade (Everett) 'A'	46.00	DQ	2
1) Andrews, Amir	2) Purl, Michael		
3) Doran, Michael	4) Vongphet, Anouthai		
-- Blaine 'A'	47.84	SCR	
1) Baldwin, Scott	2) Pearson, Nicholas		
3) Haworth, Joseph	4) Ochoa, Alex		
-- Christian Faith 'A'		SCR	
1) Kimani, Jaylen	2) Baker, Tristan		
3) Walker, Mitchell	4) Muturi, Ian		
-- O'Dea 'A'	45.00	SCR	
1) McDonald, Jackson	2) Mulat-Davis, Dawit		
3) Hendrickson, Aarun	4) Miles, Noah		
-- Mt Vernon 'A'	49.25	SCR	
1) Jimenez, Brian	2) Sanchez, Jose		
3) Hinderstein, Joey	4) Ellis, Cole		

Men 4x200 Meter Relay Varsity

School	Seed	Finals	H#	Points
1 Lynnwood 'A'	1:34.00	1:35.19	2	10
1) Weitkamp, David	2) Nguyen, Alex			
3) Turmon, Josiah	4) Morgan, Adrian			
2 Mariner 'A'	1:36.00	1:35.59	2	8
1) Hayden, Harrison	2) Wanjiru, Sebastian			
3) Hudson, Donnavan	4) Bouh, Edwin			
3 Ballard 'A'	1:33.00	1:35.90	2	6
1) Feldman, Kincaid	2) Coutts, Owen			
3) Colleran, Oliver	4) Lachance III, Robert			
4 Shorecrest 'A'	1:35.00	1:35.91	2	5
1) Nelson, Gabe	2) Stoecker, Logan			
3) McDaniel, Shahid	4) Ridenhour, Zachary			
5 Bothell 'A'	1:36.00	1:36.57	2	4
1) Locknane, Mason	2) Emeka, Jideofer			
3) Young, Quentin	4) Kubalanza, Darius			
6 Seattle Prep 'A'		1:36.67	1	3
1) Alexander, Kendin	2) Dever, Eli			
3) Merz, Connor	4) Whitney, Bryce			
7 Mountlake Terrace 'A'	1:35.50	1:38.05	2	2
1) Breuer, Dylan	2) Pepper, Trazz			
3) Le, Janthon	4) Baliki, Mustafa			
8 Henry Jackson 'A'	1:42.00	1:39.60	2	1
1) Manalang, Jarrett	2) Collado, Brandon			

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 4x200 Meter Relay Varsity**

3) Hooper, Gavin	4) Louder, Adam			
9 Lakewood 'A'	1) Crawford, Daniel	1:42.00	1:39.74	1
1) Crawford, Daniel	2) Phillips, Sean			
3) Toponce, Mason	4) Wright, Ephraim			
10 Kamiak 'A'	1) Hruschka, Grant	1:46.00	1:40.40	1
1) Hruschka, Grant	2) Durocher, Zack			
3) LeBlanc, Justin	4) Greer, Ian			
11 Shorewood 'A'	1) Mahinan, Julian	1:38.00	1:41.13	2
1) Mahinan, Julian	2) Freitas, Brayden			
3) Ramos, Josh	4) Yared, Joseph			
12 Cedar Park Chr. (Bothell) 'A'	1) Rickman, Daniel	1:45.00	1:43.37	1
1) Rickman, Daniel	2) Foley, Elias			
3) Wilkins, Zach	4) Morris, Ty			
13 Sehome 'A'	1) Murphy, Quinn	1:57.00	1:49.71	1
1) Murphy, Quinn	2) Law, Kiefer			
3) Eggert, Quincy	4) McCuistion, Joshua			
14 Nooksack Valley 'A'			1:55.59	1
-- Cascade (Everett) 'A'		1:42.98	DQ	1
1) Doran, Michael	2) Singh, Sehajdeep			
3) Monroe, Kyle	4) Ortega, Keanu			
-- O'Dea 'A'		1:39.00	SCR	
1) Miles, Noah	2) Kramer, Lucas			
3) Endashaw, Thomas	4) Lanier, Patton			

Men 4x400 Meter Relay Varsity

School	Seed	Finals	H#	Points
1 Bothell 'A'	3:30.00	3:31.08	2	10
1) Locknane, Mason	2) Herriott, Gage			
3) Lowe, Garrett	4) Hayes, Cooper			
2 O'Dea 'A'	3:41.00	3:33.70	1	8
1) Mulat-Davis, Dawit	2) Endashaw, Thomas			
3) Oakes, Evan	4) Hendrickson, Aaron			
3 Shorecrest 'A'	3:34.00	3:33.81	2	6
1) Mortensen, Ian	2) Kruse, Rafe			
3) Adjibly, Reed	4) Aboudou, Amdane			
4 Shorewood 'A'	3:37.00	3:34.84	2	5
1) Bangsberg, Matthew	2) Birchman, Jonathan			
3) Salvione, Anthony	4) Nouwens, Cole			
5 Lakewood 'A'	3:43.04	3:37.81	1	4
1) Crawford, Daniel	2) Gonzalez, Jordan			
3) Jensen, Alex	4) Fleming, Spencer			
6 Kamiak 'A'	3:41.00	3:40.46	1	3
1) LeBlanc, Justin	2) Hruschka, Grant			
3) Koltonowski, Roman	4) Mukai, Carp			
7 Sehome 'A'	3:39.00	3:43.85	2	2
1) Crocker, Casey	2) Gladman, Dylan			
3) Roberts, Dylan	4) Cunningham, Lucas			
8 Henry Jackson 'A'	3:31.00	3:44.22	2	1
1) Asuncion, Koji	2) Kim, Jonathan			
3) Borgal, Kane	4) Robert, Lucas			
9 South Whidbey 'A'	3:37.00	3:46.81	2	
1) Chapman, Carl Henri	2) Yale, Callahan			
3) Hezel, Bodie	4) Simmons, Matthew			

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 4x400 Meter Relay Varsity**

10 Ballard 'A'	3:37.00	3:48.48	2
1) Blackham, Donovan	2) Colligan, Chilson		
3) Colleran, Oliver	4) Johnson, Scott		
11 Mt Vernon 'A'	3:48.00	3:48.63	1
1) Taylor, Darayl	2) Bozung, Rainnier		
3) Alvarez, Steven	4) Ong, Steven		
12 Nooksack Valley 'A'	3:47.00	3:49.33	1
1) Clabaugh, Logan	2) Bruland, Landon		
3) Steele, Joshua	4) Rainer, Mason		
13 Stanwood 'A'	3:47.25	3:52.40	1
1) Khoury, Jason	2) Sepulveda, Lukas		
3) Van Veen, Wout	4) Griffin, Luke		
14 Cedar Park Chr. (Bothell) 'A'	3:50.00	3:53.43	1
1) Mortensen, Trent	2) Putnam, Hadley		
3) Thomas, Ethan	4) Kelly-Briggs, IB		
15 Cascade (Everett) 'A'	3:40.00	3:54.06	2
1) Nelson, Maxwell	2) Weller, Chorin		
3) Huynh, Devin	4) White, Max		
16 Blaine 'A'	3:57.13	3:56.05	1
1) Baldwin, Scott	2) Crump, Malachi		
3) Machula, Derek	4) Ochoa, Alex		
-- Mariner 'A'	3:40.00	SCR	
1) Cruz-Estrada, Dominic	2) Singh, Karan		
3) Nguyen, Tobias	4) Bondarenko, Roman		
-- Anacortes 'A'	3:43.00	SCR	
1) Pittis, Moses	2) Hanrahan, Logan		
3) Pittis, Joshua	4) Jedlinski, Duane		
-- Seattle Prep 'A'	3:44.46	SCR	
1) Alexander, Kendin	2) Dever, Eli		
3) Velling, Jack	4) Bonnet, Yale		
-- Mountlake Terrace 'A'	3:40.70	SCR	
1) Breuer, Dylan	2) Pepper, Trazz		
3) Lofrese, Jaden	4) Williams, Alex		

Men 4x800 Meter Relay Varsity

School	Seed	Finals	Points
1 Ingraham 'A'	8:20.00	8:13.52	10
1) Orth, Charlie	2) Hauck, Quinn		
3) Levy, Sam	4) Orth, Sam		
2 Kamiak 'A'	8:50.00	8:25.08	8
1) Blinn, Jason	2) Greer, Ian		
3) Mukai, Carp	4) Yu, Kyle		
3 Henry Jackson 'A'	8:29.00	8:38.83	6
1) Shin, Nathaniel	2) Hansen, Jordan		
3) Borgal, Kane	4) Robert, Lucas		
4 Ballard 'A'	8:44.00	8:46.78	5
1) McDonald, Clarence	2) Hagos, Ermias		
3) Maier, Jonah	4) Vickers, Kai		
5 Mariner 'A'	8:30.00	9:02.50	4
1) Cruz-Estrada, Dominic	2) Smith, James		
3) Hernandez III, Sam	4) Nelson-Sellers, Julian		
6 Cedar Park Chr. (Bothell) 'A'	9:01.00	9:03.99	3
1) Mortensen, Trent	2) Chi, Will		

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 4x800 Meter Relay Varsity**

3) Putnam, Hadley	4) Kelly-Briggs, IB		
7 Henry Jackson 'B'	9:10.00	x9:05.87	
1) Holtzclaw, Conner	2) Ramos, Joshua		
3) Endresen, Gabe	4) Immendorf, Charles		
8 Seattle Prep 'A'	9:30.00	9:08.31	2
1) Roberts, Ben	2) Rothrock, Tor		
3) Stoner, John	4) Witter, Holt		
9 Sehome 'A'	8:50.00	9:14.23	1
1) Brummel, Coleman	2) Wariyo, Ahmed		
3) Frazier, Josh	4) Riemann, Dominik		
10 Ingraham 'B'	9:30.00	x9:19.50	
1) Snell, Bowen	2) Nesper, Nick		
3) Simsch, Elie	4) Erb, Tillman		
11 Shorewood 'A'	9:12.00	9:20.15	
1) Laflin, Quincy	2) Nyssen, Sten		
3) Luthy, Max	4) Larson, Julian		
12 Henry Jackson 'C'	9:30.00	x9:21.64	
1) Perry, Joshua	2) Kim, Jonathan		
3) Twedt, Brady	4) Akers, Montgomery		
13 Lynnwood 'A'	9:27.00	9:21.73	
1) Alrobae, Zayn	2) Camara, Musa		
3) Castagnetta, Daxtyn	4) Tran, Tyler		
14 Shorecrest 'A'	9:45.00	9:22.75	
1) Kruse, Rafe	2) Smith, Isaac		
3) Barrie, Jack	4) Broadhead, David		
15 Ballard 'B'	9:15.00	x9:23.63	
1) Souza-Ponce, Eric	2) Dunlap, Colin		
3) Stewart, Max	4) Koledin, Jovan		
16 Kamiak 'B'	9:05.00	x9:27.99	
1) Stancik, Zach	2) Rowe, Mason		
3) Youk, Richard	4) Sloan, Tyler		
17 Henry Jackson 'D'	10:45.00	x9:59.32	
1) Kim, Jeremy	2) Herbison, Colby		
3) Caesar, Ronan	4) Thiem, Ethan		
18 Sammamish 'A'	9:58.00	10:02.95	
1) Lazo, Alex	2) Horowitz, Barak		
3) Beagles, John	4) Post, Joshua		
19 Mountlake Terrace 'A'	9:59.90	10:03.36	
1) Marrott, Jackson	2) Sims, Jasper		
3) Hutmacher, Allen	4) Givens, Mitchell		
20 Lakewood 'A'	9:40.00	10:08.92	
1) Ransford, Jarron	2) Schmidt, Ben		
3) Stapleton, Ethan	4) Dahl, Greyson		
21 Cascade (Everett) 'A'	9:10.00	10:09.80	
1) Fox, Hayden	2) Karakotov, Ilya		
3) Culpepper, Ryan	4) Glover, Michael		
22 Nooksack Valley 'A'	10:10.00	11:06.92	
1) Manske, Jackson	2) Garcia, Gabriel		
3) Tiemersma, Daniel	4) DeBeeld, Colton		
-- Sehome 'B'	9:20.00		DNS
1) Hagin, David	2) Kanenaga, Marcus		
3) McCarty, Jonathan	4) Norman, Elliot		
-- Ingraham 'C'	10:00.00		DNS
1) Olson, Markus	2) Lempriere, Gus		
3) Magalnick, Ben	4) Lempriere, J.P.		

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men 4x800 Meter Relay Varsity**

-- Cedarcrest 'A' 9:45.00 SCR
 1) Brown, Eli 2) Swart, Sawyer
 3) Vondra, Sawyer 4) Bylenga, Blaine

Men High Jump Varsity

Name	Year	School	Seed	Finals	Points
1		VanLiew, Chris	6-00.00	6-00.00	10
2		Anderson, Truman	6-02.00	5-10.00	7
2		Birchman, Jonathan	6-02.00	5-10.00	7
3		Danielson, Kaleb	5-11.00	J5-10.00	5
4		LaTurner, Ryan	5-08.00	J5-08.00	4
5		Chi, Will	6-00.00	5-08.00	3
6		Kanava, Benjamin	5-06.00	J5-06.00	2
7		Gonzales, Issiah	5-10.00	5-06.00	0.25
7		Ferguson, Ian	5-10.00	5-06.00	0.25
7		Asay, Spencer	5-10.00	5-06.00	0.25
7		Johnson, Nathaniel	5-08.00	5-06.00	0.25
8		Irwin, George	5-06.00	J5-06.00	
9		Zuze, Benito	5-06.00	J5-04.00	
10		Fjeld, Nathan	5-06.00	J5-04.00	
--		McDaniel, Shahid	6-00.00	NH	
--		Velasquez, Alex	6-00.00	NH	
--		Griffith, Rylee	5-04.00	NH	
--		McAteer, John	5-04.00	NH	
--		Toure, Cheick	5-04.00	NH	
--		Baldwin, Scott	5-06.00	NH	
--		Nelson, Kole	5-06.00	NH	
--		Baron, Cole	5-05.00	NH	
--		Emeka, Jideofer	5-04.00	NH	
--		Lee, Spencer	5-04.00	NH	
--		Dean, Carlos	5-04.00	SCR	
--		Hamilton, Isaac	4-09.00	SCR	
--		Phillips, Sean	5-02.00	SCR	
--		Erickson, Luke	4-08.00	SCR	
--		Trent, Mitchell	5-04.00	SCR	
--		Carrigan, Caden	5-08.00	SCR	
--		Le, Janthon	5-04.00	SCR	
--		Spann, Solomon		SCR	
--		Geiser, Emeron		SCR	
--		Spann, Samson		SCR	
--		Waite, Luke	4-08.00	SCR	
--		Wynne, Austin	4-08.00	SCR	
--		Ju, Jeffrey	4-08.00	SCR	

Men Pole Vault Varsity

Name	Year	School	Seed	Finals	Points
1		Tanaka, Curt	12-00.00	14-00.00	10
2		Tanaka, Cade	12-00.00	13-06.00	8
3		Burwell, Dakota	12-06.00	12-06.00	6
4		McKee, Satchel	11-06.00	12-00.00	5
5		Doherty, Caleb	12-00.00	J12-00.00	4

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men Pole Vault Varsity**

6	Fahey, Tanner	Lynnwood	10-06.00	11-00.00	3
7	Allen, Jay	Mount Baker	11-00.00	J11-00.00	2
8	Martin, Sam	South Whidbey	10-00.00	J11-00.00	1
9	Baltrukovicz, Alex	Kamiak	10-00.00	10-06.00	
9	Baker, Seth	Ballard	11-06.00	10-06.00	
10	Griffith, Rylee	Cascade (Everett)	10-06.00	J10-00.00	A
11	Bustad, Kaedyn	Lakewood	10-00.00	J10-06.00	
12	Green, Orion	Granite Falls	11-00.00	J10-06.00	
13	Blackham, Donovan	Ballard	12-00.00	J10-06.00	
14	Chung, Richard	Kamiak	10-06.00	10-00.00	
16	Harmon, Zach	Henry Jackson	10-00.00	9-06.00	
17	Kanava, David	Henry Jackson	10-06.00	J9-06.00	
--	Yuyama, Caetano	Shorecrest	10-06.00	NH	
--	Velasquez, Matias	Mount Baker	10-06.00	NH	
--	Machula, Derek	Blaine	10-00.00	NH	
--	Brackebusch, Chest	Cedarcrest	10-06.00	NH	
--	Nguyen, Peter	Henry Jackson	10-06.00	NH	
--	Holdridge, Jonatha	Shorewood	9-06.00	SCR	
--	Tran, Andrew	Blaine	9-00.00	SCR	
--	DeVries, Robert	Mt Vernon	9-06.00	SCR	
--	Lan, Soriya	Henry Jackson	9-06.00	SCR	
--	Hamilton, Isaac	Langley Secondary	9-06.00	SCR	
--	Anderson, Truman	Mount Baker	8-06.00	SCR	
--	Allen, Vincent	Lakewood	9-00.00	SCR	
--	Olivares, Sergio	Mariner	9-00.00	SCR	
--	Anderson, Hunter	Bellingham		SCR	
--	King, Tyler	South Whidbey	8-00.00	SCR	
--	Saxton, Jasper	O'Dea		SCR	
--	Flack, Dominic	O'Dea		SCR	
--	Mumma, Kyle	North Creek	15-00.00	SCR	
--	Cho, Eric	Cascade (Everett)	9-06.00	SCR	
--	Meisner, Matthew	Mariner	8-00.00	SCR	

Men Long Jump Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Aboudou, Amdane	Shorecrest	21-08.00	21-01.00	4	10
2	Nguyen, Thanh	Mariner	19-06.50	20-01.50	4	8
3	Sanders, Caleb	Grace Academy	19-10.00	20-00.50	4	6
4	Quick, Hunter	Shorecrest	19-01.00	19-10.00	3	5
5	Gonzales, Issiah	South Whidbey	19-05.00	19-09.50	4	2
6	Taylor, Chris	Shorewood	19-10.25	19-05.00	4	4
7	Pearson, Nicholas	Blaine	20-05.75	19-04.50	4	3
8	VanLiew, Chris	Mount Baker	19-01.50	19-00.25	3	1
9	Henderson, Tavion	Lakewood	17-08.00	18-11.75	1	
10	Nelson, Maxwell	Cascade (Everett)	19-09.00	18-10.50	4	
11	Johnson, Gabriel	Bothell	18-11.00	18-09.75	3	
12	Borgal, Kane	Henry Jackson	19-07.00	18-07.50	4	
13	Ramsey, Christophe	North Mason	19-07.00	18-06.50	4	
14	Smelcer, Reese	North Mason	19-00.00	18-04.50	3	
15	Merz, Connor	Seattle Prep	18-03.00	18-03.00	2	
16	Nevin, Tyler	Concrete	18-03.75	17-11.00	2	
17	Musoke, Daudi	Kamiak	19-04.50	17-09.75	3	
17	Rainer, Mason	Nooksack Valley	19-00.00	17-09.75	3	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men Long Jump Varsity**

19	He, Jimmy	Ballard	18-01.00	17-09.50	2
20	Vongphet, Anouthai	Cascade (Everett)	19-01.50	17-08.75	3
21	Baron, Cole	Brooks	16-00.00	17-06.50	1
21	Amble, Luke	Cedarcrest	18-06.50	17-06.50	2
23	Loree, Wyatt	Sehome	18-00.50	17-05.00	2
23	Jackson, Makari	University Prep	18-00.50	17-05.00	2
25	Ninnemann, Isaac	Bellingham	19-00.50	17-04.00	3
25	Hendrickson, Rohan	O'Dea	17-11.00	17-04.00	2
27	Thudi, Anvith	Maple Ridge	16-03.00	16-08.25	1
28	Bruckshaw, Russell	Brooks	18-00.00	15-09.75	2
29	Stevens, Jace	Granite Falls	15-01.75	15-07.75	1
30	Gerondale, Mason	Anacortes	16-06.75	15-06.00	1
31	Morris, Ty	Cedar Park C	15-00.25	15-05.00	1
--	Charlton, Jack	North Creek	18-03.25	ND	2
--	Nava-Lendeche, Jer	Ingraham	17-01.00	ND	1
--	Panek, Artur	Lynnwood	18-09.00	ND	3
--	Nguyen, Eddy	Sammamish	14-09.50	ND	1
--	Erickson, Luke	Friday Harbor	16-07.50	ND	1
--	Kimani, Deshawn	Christian Faith		SCR	
--	Leeming, Will	Friday Harbor	16-01.00	SCR	
--	Muturi, Ian	Christian Faith		SCR	
--	Manangan, Christia	Anacortes	16-06.50	SCR	
--	Kielpinski, Caleb	Blaine	16-07.00	SCR	
--	Bartel, Charlie	Concrete		SCR	
--	O'Neil, Hayden	Concrete		SCR	
--	Phounsanoy, Alex	Mariner	15-05.25	SCR	
--	Walker, Mitchell	Christian Faith	14-11.50	SCR	
--	Booker, Michael	Concrete	15-00.25	SCR	
--	Flenaugh, Jaden	Seattle Prep	16-00.00	SCR	
--	Silva, Jordan	Nooksack Valley	16-00.00	SCR	
--	Lankhaar, Matthew	Nooksack Valley	15-05.50	SCR	
--	Muongchanh, Daniel	Mariner	15-06.50	SCR	
--	Choi, Hansol	Kamiak	18-01.00	SCR	
--	Wu, Jeffrey	North Creek	18-01.00	SCR	
--	LaTurner, Ryan	Cedarcrest	18-06.00	SCR	
--	Brackebusch, Chest	Cedarcrest	18-04.50	SCR	
--	Meggyesy, Brett	Sehome	18-00.00	SCR	
--	Andrews, Amir	Cascade (Everett)	17-11.00	SCR	
--	Sardaneta, Marcus	Stanwood	18-01.00	SCR	
--	Mumma, Kyle	North Creek	19-07.50	SCR	
--	Carrigan, Caden	Stanwood	19-01.00	SCR	
--	McDaniel, Shahid	Shorecrest	20-02.00	SCR	
--	Pettigrew, Wyatt	Mount Baker	18-07.50	SCR	
--	Cavalier, Morgan	Bellingham	18-06.00	SCR	
--	Morfin, Diandre	Ingraham	18-08.00	SCR	
--	Miyake, Jeremy	Ballard	17-07.00	SCR	
--	Griffith, Rylee	Cascade (Everett)	17-07.00	SCR	
--	Emeka, Jideofer	Bothell	17-08.00	SCR	
--	Velling, Jack	Seattle Prep	17-04.50	SCR	
--	Kimani, Jaylen	Christian Faith	17-04.00	SCR	
--	Becker, Cole	Shorewood	17-05.00	SCR	
--	Tipple, Andersen (Shorewood	17-10.00	SCR	
--	Ortega, Isaac	Stanwood	17-09.50	SCR	
--	Collado, Brandon	Henry Jackson	17-10.50	SCR	
--	Pearson, Nash	Ingraham	17-09.00	SCR	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men Long Jump Varsity**

--	Seeber, Adrian	Lynnwood	17-09.00	SCR
--	Fritsch, Jaden	Blaine	17-09.00	SCR

Men Triple Jump Varsity

Name	Year	School	Seed	Finals	H#	Points
1		Zuze, Benito	Shorecrest	40-10.50	43-00.50	3 10
2		Borgal, Kane	Henry Jackson	40-01.75	41-07.25	3 8
3		Bangsberg, Matthew	Shorewood	35-08.00	38-10.00	2 6
4		Andrews, Amir	Cascade (Everett)	38-09.75	38-08.50	3 5
5		Collado, Brandon	Henry Jackson	38-01.75	38-03.00	2 4
6		VanLiew, Chris	Mount Baker	38-02.00	38-01.50	2 3
7		Hendrickson, Rohan	O'Dea	38-02.75	38-00.00	3 2
8		Bruckshaw, Russell	Brooks	38-08.50	37-08.50	3 1
9		Potter, Jacob	Lynnwood	38-02.50	37-08.00	3
10		Decker, Kai	Lynnwood	38-02.00	37-04.00	2
11		Miyake, Jeremy	Ballard	36-07.75	36-08.50	2
11		Louder, Adam	Henry Jackson	38-08.50	36-08.50	3
13		Wilkins, Zach	Cedar Park C	37-08.00	36-07.50	2
14		Ramsey, Christophe	North Mason	38-05.50	35-03.00	3
15		Conner, Seth	North Mason	36-05.00	34-07.50	4
16		Muongchanh, Daniel	Mariner	36-06.50	34-04.50	4
17		Macomber, Kevin	Bothell	33-07.00	34-03.00	1
18		Hruschka, Grant	Kamiak	33-07.50	34-01.00	3
19		Murphy, Quinn	Sehome	35-07.75	33-10.50	1
20		Silva, Jordan	Nooksack Valley	34-06.50	32-07.00	1
21		Booker, Michael	Concrete	36-10.50	32-01.50	2
22		Watkins, Chris	Lakewood	32-11.00	32-00.50	1
23		Gerondale, Mason	Anacortes	32-04.50	30-03.25	1
--		Choi, Hansol	Kamiak	33-10.00	ND	1
--		Sardaneta, Marcus	Stanwood	38-02.25	ND	2
--		George, Dakota	Blaine	34-02.50	ND	1
--		Nguyen, Eddy	Sammamish		ND	1
--		Erickson, Luke	Friday Harbor	33-08.00	ND	1
--		Nguyen, Thanh	Mariner		ND	2
--		Hollandsworth, Tre	Stanwood	35-00.50	SCR	
--		Wu, Jeffrey	North Creek	40-00.25	SCR	
--		Phounsanoy, Alex	Mariner	33-07.25	SCR	
--		Le, Ricky	Cascade (Everett)	34-04.50	SCR	
--		Waite, Luke	Friday Harbor	23-01.00	SCR	
--		Rensink, Jonas	Concrete	30-01.00	SCR	

Men Shot Put Varsity

Name	Year	School	Seed	Finals	H#	Points
1		Van Peurse, Samue	Cedar Park C	63-08.25	63-00.50	5 10
2		Tayon, Wyatt	Stanwood	48-03.00	50-09.00	5 8
3		Andrews, Bryce	Sehome	50-00.75	49-02.25	5 6
4		Zedwick, Isaac	Stanwood	42-04.50	45-06.75	4 5
5		Bach, Keegan	Lakewood	46-00.00	45-05.50	5 4
6		Carrillo, Daniel	Mt Vernon	48-11.50	44-08.25	5 3
7		Durbin, Grady	North Mason	44-07.00	43-06.50	5 2
8		Hartman, Aden	Eastside Catholic	40-02.00	42-07.00	3 1

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men Shot Put Varsity**

9	Bonifacio, Exavier	Henry Jackson	40-05.00	40-10.50	3
10	Butenschoen, Chris	Bellingham	39-00.50	40-09.00	3
11	Lind, Caleb	Bothell	41-05.00	40-07.50	4
12	Gelseth, Gunnar	Ballard	40-06.50	40-02.00	3
13	Lowry, Levi	Concrete	40-03.75	40-01.25	3
14	Reed-Henderson, Bl	Lynnwood	41-10.00	40-00.50	4
15	Benson, Aaron	Sehome	38-10.50	39-07.00	3
16	Thongdee, Taejin	Shorewood	41-05.25	39-05.75	4
17	Bair, Rylie	Sehome	44-00.00	39-04.00	4
18	Rivera, David	Shorecrest	46-03.50	39-03.50	5
19	Charlton, Jack	North Creek		39-03.00	2
20	LaMarche, Gabe	Cedar Park C	39-02.00	38-07.00	3
21	Witters, Sean	Bothell	40-11.00	38-06.50	4
22	Mikulecky, Logan	Henry Jackson	40-00.00	37-11.25	3
23	Davis, Dylan	South Whidbey	38-01.50	37-03.00	3
24	Duke, Henry	Friday Harbor	36-00.00	36-05.25	2
25	Prink, Jordan	Nooksack Valley	34-09.00	36-02.25	5
26	Ostos, Koa	Sehome	41-05.50	36-01.75	4
27	Good, Leo	Blaine	35-08.00	36-01.25	2
28	Jefferysberry, Zio	Mariner	36-04.50	35-03.75	2
29	Al-Shamasawi, Kari	Ingraham	36-00.50	34-09.50	2
30	Pluschke, Zane	Cedarcrest	33-11.00	32-00.25	2
31	Zhang, Jake	Northwest	30-11.50	28-07.25	2
32	Basra, Gurvir	Ingraham	26-09.50	25-10.00	6
33	Caro, Ben	Blaine	12-05.00	13-10.00	1
--	Fairbarin, Larson	Ferndale	46-09.00	ND	5
--	Velasquez, Matias	Mount Baker	45-06.00	ND	5
--	Carr, Braden	Grace Academy	20-03.00	ND	2
--	Rabideau, Christop	Cascade (Everett)	31-08.50	ND	2
--	Dockens, Kai	Kamiak	37-04.00	ND	2
--	Velasquez, Alex	Mount Baker	41-09.00	ND	4
--	Leazer, Joseph	Nooksack Valley	37-05.00	ND	3
--	Thompson, Noah	Mountlake Terrace	41-05.00	ND	4
--	Merten, Thaddeus	Mountlake Terrace	45-01.25	ND	5
--	McDonald, Jackson	O'Dea	41-02.00	ND	4
--	Sharon, Eldar	Christian Faith	21-04.50	SCR	
--	Blaine, Owen	Northwest	28-11.00	SCR	
--	Billings, Dylan	Christian Faith	28-02.50	SCR	
--	Cantellay, Dexter	Christian Faith	22-09.50	SCR	
--	Erickson, Hank	Friday Harbor	25-04.00	SCR	
--	Schaefer, Ryan	Friday Harbor		SCR	
--	Johnston, Nathanie	Christian Faith		SCR	
--	Hudson, James	Ballard	39-07.00	SCR	
--	Ritter, Graham	Ingraham		SCR	
--	Bartel, Charlie	Concrete	19-08.75	SCR	
--	Hubby, Karsen	Nooksack Valley	21-02.50	SCR	
--	Huynh, Brian	Christian Faith		SCR	
--	Atayev, Murad	Shorewood	36-03.00	SCR	
--	Willis, Tristin	Mt Vernon	36-00.00	SCR	
--	Henry, Logan	Sehome	36-09.50	SCR	
--	Snelling Hanel, Ca	South Whidbey	36-04.00	SCR	
--	Justus, Casey	South Whidbey	35-04.00	SCR	
--	Latta, Julian	Shorewood	35-01.00	SCR	
--	Wilson, Jordan	Stanwood	35-09.00	SCR	
--	Collinge III, Jare	Kamiak	35-04.50	SCR	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men Shot Put Varsity**

--	Reyes, Gabriel	Shorecrest	38-09.00	SCR
--	Bjornson, Ian	Lynnwood	38-06.50	SCR
--	Riley, Jayden	Lakewood	38-10.50	SCR
--	Saunders, Malachi	Mt Vernon	38-10.00	SCR
--	Yakovlev, David	Ferndale	37-00.00	SCR
--	Betz, Parker	Henry Jackson	36-10.50	SCR
--	Johanson, Chase	Bellingham	37-10.00	SCR
--	Torchia, Travis	Henry Jackson	37-07.75	SCR
--	Escalante, Victor	Blaine	31-02.00	SCR
--	Cecil, Jackson	Northwest	30-09.50	SCR
--	Schlichting, Mark	Ferndale	32-10.00	SCR
--	Kincaid, Gavin	Lynnwood	32-05.00	SCR
--	Rensink, Jonas	Concrete	29-03.00	SCR
--	Prewitt, Dante	Friday Harbor	29-01.00	SCR
--	Winters, Dane	Nooksack Valley	30-06.00	SCR
--	Johnson, Bruce	Christian Faith	29-11.75	SCR
--	Lamb, Lars	Cedar Park C	34-02.00	SCR
--	Beason, Cade	Mount Baker	33-08.00	SCR
--	Wright, Gavin	Lakewood	34-05.00	SCR
--	Ren, Robert	Cedar Park C	34-03.00	SCR
--	Harold, Arlo	Friday Harbor	33-01.00	SCR
--	Vliem, Charlie	Cedarcrest	33-00.00	SCR
--	Cabiles, William	Christian Faith	33-04.50	SCR

Men Discus Throw Varsity

Name	Year	School	Seed	Finals	H#	Points
1	Van Peurse, Samue	Cedar Park C	163-09	177-07	4	10
2	Thompson, Noah	Mountlake Terrace	142-01	152-01	4	8
3	Tayon, Wyatt	Stanwood	143-11	150-01	4	6
4	Zedwick, Isaac	Stanwood	144-08	142-00	4	5
5	Hartman, Aden	Eastside Catholic	136-03	137-03	4	4
6	Oesterling, Christ	Bellingham	133-01	134-08	3	3
7	Hudson, James	Ballard	119-04	133-01	3	2
8	Johanson, Chase	Bellingham	135-10	127-01	4	1
9	Springer, Michael	Kamiak	136-07	126-02	4	
10	Perlman, Jacob	Henry Jackson	28-03.50	123-06	3	
11	Anderson, Mason	Lakewood	03-08.50	115-06	2	
12	Schaefer, Ryan	Friday Harbor	128-08	112-07	3	
13	Carrillo, Daniel	Mt Vernon	125-02	112-05	3	
14	Benson, Aaron	Sehome	109-03	109-10	2	
15	Bates, Jayden	Anacortes	102-02	109-01	2	
16	Atayev, Murad	Shorewood	113-07	108-03	2	
17	Gelseth, Gunnar	Ballard	114-00	107-08	2	
18	Davis, Dylan	South Whidbey	116-04	107-01	3	
19	LaMarche, Gabe	Cedar Park C	110-11	106-09	2	
20	Bair, Rylie	Sehome	110-00	105-03	2	
21	Bjornson, Ian	Lynnwood	103-09	99-11	2	
22	Rivera, David	Shorecrest	99-10	98-07	2	
23	Lowry, Levi	Concrete	99-02	97-02	1	
24	Jefferysberry, Zio	Mariner	81-00	94-11	1	
25	Leazer, Joseph	Nooksack Valley	92-09	93-11	1	
26	Zhang, Jake	Northwest	85-05	92-06	1	
27	Whetten, Ethan	Cedarcrest	89-11	85-10	1	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men Discus Throw Varsity**

28	Good, Leo	Blaine	99-07	80-11	1
29	Caro, Ben	Blaine	32-06	29-00	1
--	Durbin, Grady	North Mason	116-05	ND	3
--	Fairbarin, Larson	Ferndale	118-06	ND	3
--	Carr, Braden	Grace Academy	51-10	ND	1
--	Basra, Gurvir	Ingraham	84-07	ND	1
--	Walker, Akiele	Mt Vernon	120-04	ND	3
--	Merten, Thaddeus	Mountlake Terrace	140-01	ND	4
--	Rabideau, Christop	Cascade (Everett)	103-00	ND	2
--	Velasquez, Matias	Mount Baker	134-01	ND	4
--	Lind, Caleb	Bothell	99-07.25	ND	1
--	Latta, Julian	Shorewood	98-09	SCR	
--	Golovin, David	Lakewood	93-07	SCR	
--	Fuda, Aidan	Henry Jackson	92-00	SCR	
--	Thongdee, Taejin	Shorewood	99-10	SCR	
--	Schlichting, Mark	Ferndale	93-05	SCR	
--	Ostos, Koa	Sehome	103-02	SCR	
--	Duke, Henry	Friday Harbor	98-01	SCR	
--	Lamb, Lars	Cedar Park C	103-02	SCR	
--	Willis, Tristin	Mt Vernon	101-04	SCR	
--	Harold, Arlo	Friday Harbor	101-06	SCR	
--	Yakovlev, David	Ferndale	97-09	SCR	
--	Bello, Ahmed	Sehome	100-03	SCR	
--	Paulson, Ian	Shorewood	96-07	SCR	
--	Justus, Casey	South Whidbey	103-04	SCR	
--	Lane, Brandon	Lynnwood	101-02	SCR	
--	Bruland, Gerrit	Nooksack Valley	77-02	SCR	
--	Cecil, Jackson	Northwest	76-11	SCR	
--	Spann, Samson	Ingraham	80-11	SCR	
--	Kincaid, Gavin	Lynnwood	79-05	SCR	
--	Prewitt, Dante	Friday Harbor	71-07	SCR	
--	Cabiles, William	Christian Faith	71-06	SCR	
--	Martin, Collin	Concrete	75-04	SCR	
--	Pena, Matt	Cedarcrest	87-06	SCR	
--	Hansen, Owen	Blaine	86-10	SCR	
--	Beason, Cade	Mount Baker	91-10	SCR	
--	Rensink, Jonas	Concrete	84-01	SCR	
--	Smith, Henry	Cedarcrest	83-03	SCR	
--	Prink, Jordan	Nooksack Valley	86-06	SCR	
--	Johnson, Bruce	Christian Faith	55-06.50	SCR	
--	Bartel, Charlie	Concrete	41-03	SCR	
--	Bass, Kendall	Concrete	57-06	SCR	
--	Huynh, Brian	Christian Faith		SCR	
--	Ritter, Graham	Ingraham		SCR	
--	Cantellay, Dexter	Christian Faith		SCR	
--	Johnston, Nathanie	Christian Faith	68-06	SCR	
--	Al-Shamasawi, Kari	Ingraham	66-01.50	SCR	
--	Erickson, Hank	Friday Harbor	70-01	SCR	
--	Sharon, Eldar	Christian Faith	61-04	SCR	
--	Suggs, Clyde	Northwest	60-11	SCR	
--	Billings, Dylan	Christian Faith	65-00	SCR	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****Men Javelin Throw Varsity**

Name	Year	School	Seed	Finals	H#	Points
1		Bach, Brandon	Mountlake Terrace	191-06	188-09	4 10
2		Weitkamp, David	Lynnwood	182-03	158-07	4 8
3		Enciso Navarro, Da	Cedarcrest	148-06	154-03	3 6
4		Witters, Sean	Bothell	152-06	150-07	4 5
5		Chavarria, Felipe	Lynnwood	140-11	150-02	3 4
6		Bjornson, Ian	Lynnwood	150-07	145-06	4 3
7		Campbell, Miller	North Mason	155-04	145-04	4 2
8		Williams, Daylun	North Mason	148-05	144-05	3 1
9		Mortensen, Ian	Shorecrest	161-08	140-02	4
10		Neiffer, Spencer	Lakewood	135-05	138-08	3
11		Bonifacio, Exavier	Henry Jackson	118-02	137-11	1
12		Kielpinski, Caleb	Blaine	146-00	134-01	3
13		Sirmon, Andrew	Bothell		129-07	1
14		Fields, Jack	Bellingham	129-04	129-00	2
15		Lamb, Lars	Cedar Park C	125-03	126-06	2
16		Welzel, Gage	Lakewood	132-00	126-03	3
17		Geiser, Emeron	Friday Harbor	124-04	125-11	2
18		Gerondale, Mason	Anacortes	117-11	124-11	1
19		Willis, Tristin	Mt Vernon	130-03	122-08	2
20		Ferguson, Ian	University Prep	132-07	120-09	3
21		Duke, Henry	Friday Harbor	125-03	120-01	2
22		O'Neil, Hayden	Concrete	123-03	118-07	2
23		Austin, Erik	Seattle Prep	120-00	118-02	1
24		Zeigler, Tres	Shorewood	135-07	118-01	3
25		Hernandez, Antelmo	Granite Falls	84-09	116-05	1
26		Johnson, Scott	Ballard	130-00	107-04	2
27		Prink, Jordan	Nooksack Valley	122-02	105-08	2
28		Birade, Carter	Sehome	110-00	104-00	1
29		Lewis, Donaven	Eastside Catholic		103-09	1
30		Cecil, Jackson	Northwest	93-10	95-00	1
31		Davis, Dylan	South Whidbey	94-03	87-06	1
--		Rybka, Barrett	Ferndale	148-10	ND	4
--		Velasquez, Matias	Mount Baker	157-08	ND	4
--		Payne, Elliott	Maple Ridge	64-04.50	ND	4
--		Schornack, Mason	Kamiak	121-01	ND	2
--		Machula, Derek	Blaine	135-03	ND	3
--		Prewitt, Dante	Friday Harbor	78-10	SCR	
--		Erickson, Hank	Friday Harbor	72-04	SCR	
--		Cabiles, William	Christian Faith	66-06	SCR	
--		Martin, Collin	Concrete	71-03	SCR	
--		Cantellay, Dexter	Christian Faith	84-05	SCR	
--		Johnston, Nathanie	Christian Faith	84-08	SCR	
--		Suggs, Clyde	Northwest	76-00	SCR	
--		Billings, Dylan	Christian Faith	77-04	SCR	
--		Younce, Ian	Stanwood	146-09	SCR	
--		Holden, Garrett	Henry Jackson	132-11	SCR	
--		Wilson, Jordan	Stanwood	148-01	SCR	
--		Carrigan, Caden	Stanwood	145-10	SCR	
--		Nafe, Mercer	Bothell	134-11	SCR	
--		Sharon, Eldar	Christian Faith	55-01	SCR	
--		Huynh, Brian	Christian Faith		SCR	
--		Johnson, Bruce	Christian Faith	65-05	SCR	
--		Nelson, Kole	South Whidbey		SCR	

2019 Birger Solberg Track & Field Invitational - 4/6/2019**Bellingham Civic Stadium****Results****....Men Javelin Throw Varsity**

--	Morgan, Jason	Mt Vernon		SCR
--	Lowry, Levi	Concrete	118-03	SCR
--	Fuda, Aidan	Henry Jackson	116-08	SCR
--	Wright, Ephraim	Lakewood	121-01	SCR
--	Winters, Dane	Nooksack Valley	119-05	SCR
--	Torchia, Travis	Henry Jackson	114-04	SCR
--	Niedermeyer, Micha	Kamiak	110-05	SCR
--	Pena, Matt	Cedarcrest	115-06	SCR
--	Ninnemann, Isaac	Bellingham	123-10	SCR
--	Knutson, Layne	Mount Baker	123-07	SCR
--	Francis, Cole	Shorecrest	151-09	SCR
--	Schlichting, Mark	Ferndale	123-11	SCR
--	Taylor, Darayl	Mt Vernon	122-10	SCR
--	Wynne, Austin	Friday Harbor	122-00	SCR
--	Feldman, Kincaid	Ballard	123-01	SCR
--	Waite, Luke	Friday Harbor	95-08	SCR
--	Harold, Arlo	Friday Harbor	94-04	SCR
--	Booker, Michael	Concrete	99-07	SCR
--	Ritchie, Kaden	Friday Harbor	95-10	SCR
--	Yakovlev, David	Ferndale	92-03	SCR
--	Leeming, Will	Friday Harbor	88-04	SCR
--	Franson, Jacob	Nooksack Valley	92-09	SCR
--	Beason, Cade	Mount Baker	107-07	SCR
--	Vliem, Charlie	Cedarcrest	104-09	SCR
--	Vega, Mason	Blaine	109-09	SCR
--	Smith, Henry	Cedarcrest	103-02	SCR
--	Bass, Kendall	Concrete	102-05	SCR
--	Rensink, Jonas	Concrete	103-09	SCR

Men 1600 Meter Run Frosh Soph

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	Name	Year School	Seed	Finals
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1	Sturdevant, Landon	Ferndale	4:53.70	4:42.31
2	Cruz-Estrada, Domi	Mariner	4:42.95	4:46.67
3	Charbeneau, Brende	Henry Jackson	4:44.39	4:48.33
4	Johnson, Nico	Mount Baker	4:51.94	4:49.99
5	Herndon, Mason	Ingraham	4:51.81	4:50.38
6	Moehs, Kaelen	Ingraham	4:56.03	4:51.83
7	Lagunoff, Max	University Prep	4:52.50	4:53.10
8	Latta, Benjamin	Squalicum	5:02.10	4:54.95
9	Hanrahan, Michael	Anacortes	5:01.56	4:55.34
10	Lehmann, Parker	Sa-Hali	4:50.00	4:56.39
11	Flaat, Tagan	O'Dea	5:02.04	4:57.44
12	Cross, Addison	Sehome	5:08.10	4:58.71
13	Bruner, Aidan	Cascade (Everett)	5:01.32	4:59.70
14	Ullmann, Cooper	South Whidbey	4:58.47	5:00.31
15	Endresen, Gabe	Henry Jackson	4:54.40	5:01.96
16	Leary, Peter	O'Dea	4:56.61	5:03.46
17	Akers, Montgomery	Henry Jackson	4:56.70	5:03.91
18	Berta, Zach	O'Dea	5:02.01	5:04.18
19	Strobel, Andrew	Bellingham	5:05.36	5:06.30
20	King, Pete	O'Dea	5:06.10	5:06.39
21	Panteleeff, Alex	Shorewood	5:10.66	5:08.88
22	Corcoran, Owen	Mt Vernon		5:08.91

2019 Birger Solberg Track & Field Invitational - 4/6/2019
Bellingham Civic Stadium
Results

....Men 1600 Meter Run Frosh Soph

23	Chambers, Charles	Lynnwood	5:06.46	5:09.69
24	King, Hayden	Ballard	5:14.74	5:10.07
25	Martens, Blake	Anacortes	5:06.79	5:10.42
26	Hutmacher, Allen	Mountlake Terrace	5:09.10	5:11.46
27	O'Brien, Rory	Shorecrest	5:37.11	5:12.64
28	Trull, Isaac	Shorewood	5:13.40	5:12.82
29	Trius, Isaac	Seattle Prep	5:08.37	5:14.08
30	LaTurner, Cade	Cedarcrest	5:14.03	5:14.51
31	Shaules, Colin	Sammamish	5:15.98	5:14.60
32	Blaine, Anders	Northwest	5:18.00	5:16.80
33	Temam, Noah	Northwest	5:31.95	5:18.21
34	Twedt, Brady	Henry Jackson	5:10.60	5:22.36
35	Thiem, Ethan	Henry Jackson	5:03.30	5:22.84
36	Rowe, Mason	Kamiak	5:28.24	5:23.44
37	Bushnell, Josiah	Ferndale	5:10.00	5:24.46
38	Riley, Troy	Nooksack Valley	5:26.50	5:24.88
39	Nelson-Sellers, Ju	Mariner	5:09.30	5:33.29
40	Carlton, Landen	Blaine	5:37.68	5:35.36
41	Blodgett, Brenden	Cedar Park C	5:45.00	5:43.17
--	Gargano, Jake	Sehome	5:06.42	DNS
--	Meisner, Matthew	Mariner	5:19.70	SCR
--	Hettinga, Connor	Blaine	5:40.60	SCR
--	Reed, Kenlaey	Mariner	5:46.60	SCR
--	Granara, Raleigh	Ferndale	5:45.50	SCR
--	Sims, Jasper	Mountlake Terrace	5:20.30	SCR
--	Thien, Matthew	Henry Jackson	5:20.39	SCR
--	Reed, Diego	Shorecrest	5:38.24	SCR
--	Satterfield, Griff	Stanwood	6:05.77	SCR
--	Kepler, Owen	Stanwood	5:57.62	SCR
--	Bubernak, Sean	Henry Jackson	4:42.23	SCR
--	Mason, Matthew	Lynnwood		SCR
--	Olinger-Stirrat, T	Blaine	5:52.00	SCR
--	Gandarias, Luc	South Whidbey	5:47.77	SCR
--	Levine, Sidney	University Prep	5:54.29	SCR
--	Witter, Holt	Seattle Prep	5:18.42	SCR
--	Lazo, Alex	Sammamish	5:25.90	SCR
--	Herbison, Colby	Henry Jackson	5:29.66	SCR
--	Hiett, Will	Shorewood	5:14.00	SCR
--	Rosenthal, Nick	University Prep	5:24.80	SCR
--	Dunlap, Colin	Ballard	5:23.23	SCR
--	Hoekman, Oscar	Ballard	5:25.50	SCR
--	Koh, Mason	Henry Jackson	5:22.33	SCR
--	Kim, Jeremy	Henry Jackson	5:31.70	SCR
--	Gounder, Abishai	Mountlake Terrace	5:34.60	SCR
--	Sloan, Tyler	Kamiak	5:30.30	SCR
--	Osborne, Henry	Shorewood	5:29.99	SCR
--	Nova, Thomas	Ballard	5:31.42	SCR